



Slow Cooker Brisket and Onions

SERVES

6

INGREDIENTS

- ❑ 1 tablespoon olive oil
- ❑ 1 1/2 pounds yellow or red onions (about 2 large onions), sliced into half moons
- ❑ 3 1/2 pounds beef brisket
- ❑ Kosher salt
- ❑ Freshly ground black pepper
- ❑ 6 cloves garlic, minced
- ❑ 2 cups low-sodium beef broth
- ❑ 2 tablespoons Worcestershire sauce
- ❑ 1 tablespoon soy sauce or tamari

INSTRUCTIONS

- 1.** Heat the oil in a large, deep sauté pan or cast iron skillet over medium heat until shimmering. Add the onions and cook on medium-low to medium heat, stirring frequently, until the onions have caramelized lightly, about 20 minutes. Meanwhile, sear the brisket.
- 2.** Pat the brisket dry with paper towels. Season generously all over with salt and pepper. Heat a large skillet or sauté pan over medium-high heat and turn on your vent or fan, if you have one. Add the brisket and sear,

flipping once, until a golden brown crust forms. Transfer to a 6-quart or larger slow cooker fat side up. Sprinkle the minced garlic over the brisket.

3. When the onions are ready, pile them on top and around the meat. Mix the broth, Worcestershire sauce, and soy sauce or tamari together and pour into the slow cooker.

4. Cover and cook until the brisket is very tender, 6 to 8 hours on the LOW setting. Switch to the WARM setting and let rest for at least 20 minutes. (If your slow cooker doesn't have a WARM setting, transfer to a baking dish and cover tightly with aluminum foil while resting.)

5. The brisket can be sliced or shredded immediately and served with the onions and juices. Or, let the meat cool, then refrigerate overnight. Before reheating, scrape away and discard the layer of fat that has formed around the meat.

6. To reheat: Heat the oven to 300°F. Transfer the brisket and all its juices to a baking dish and cover tightly with a lid or two layers of foil. Warm in the oven for 1 hour or until warmed through (time will depend greatly on the size and shape of the brisket; cut into smaller pieces for faster reheating).

RECIPE NOTES

Cooking time: Personally I like brisket very tender and shredded, almost like pulled beef. But if you prefer to slice the meat for a more formal presentation, aim for the shorter end of the recommended cooking time. Final cooking time will depend on the size and shape of the meat.

Oven instructions: No slow cooker? Cook in the oven instead, in a baking dish covered tightly with foil or in a Dutch oven, covered with a lid. Cook at 325°F until very tender, 3 to 4 hours.