

# Slow-Cooked Brisket and Onions

Thomas Buckborough | Serves 6

*There's nothing like slow cooked, braised meat during the cold winter months. Here's a great recipe that I make often and is very easy.*

## 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  
Coarse kosher salt and freshly ground black pepper  
6 cloves garlic, minced  
3 medium carrots, sliced  
2 cups beef broth  
2 tablespoons Worcestershire sauce  
1 tablespoon soy sauce (or tamari, if gluten-free)

## Directions

Heat a Dutch oven over medium heat with the olive oil. Add the onions and cook on medium-low to medium heat, stirring frequently, for about 20 minutes or until the onions have caramelized lightly.

While the onions are cooking, take the brisket out of its packaging and pat it dry. Season the meat generously 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. Sear the brisket until a golden brown crust appears on both sides of the meat. Remove and place in the dutch oven with the onions, fatty side up. Sprinkle the minced garlic over the meat. Mix the broth, Worcestershire sauce, and soy sauce, and pour over the meat.

Cover and cook on LOW for 4 to 6 hours or until the brisket is very tender. Pull the brisket out of the pan and let rest while reducing the braising liquid. While the brisket is resting, turn the braising liquid up to medium high and reduce till it starts to thicken. About 20 to 30 minutes. Stir occasionally so it doesn't crisp the bottom of the pan.

*The brisket can be sliced or shredded immediately and returned to the pan with reduction. I like to serve this with fresh cheesy polenta. ENJOY!*