

# Hensleigh Healthy Beef B-B-Q Brisket

## Ingredients:

1/2 cup ketchup	3lb Brisket
1/2 cup apple cider	1 tsp salt
1/4 cup apple cider vinegar	3/4 tsp black pepper
1 1/2 tbs finely chopped garlic	1 Tbs vegetable oil
1 tsp Worcestershire Sauce	1 large yellow onion
chopped	
1/4 cup dark brown sugar	

## Procedures:

Heat oven to 325°F. Whisk the ketchup, apple cider, vinegar, Worcestershire sauce, garlic and brown sugar together in a medium bowl until smooth. Set aside.

Season meat with salt and pepper.

Heat the oil over medium high heat in a large Dutch Oven. Add the brisket and brown both sides (About 4 minutes each side)

Add the onions and ketchup mixture and stir to combine. Cover, transfer to the oven and braise until the meat is very tender and can be pulled apart easily with a fork. (about 2 1/2 hours)

**\*\*Courtesy of Country Living Magazine\*\***