

Slow Roasted Beef Brisket

Ingredients

- Lean beef brisket in weighed 100 gram increments (example 600 grams = 6 servings)
- 1½ cups celery per serving of beef, diced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon paprika
- ¼ cup onion, chopped
- 5 cloves of garlic, crushed and chopped
- Sea salt and pepper to taste
- Chili pepper to taste
- Cayenne pepper to taste

Makes multiple servings (1 protein, 1 vegetable)

21 grams protein

2 grams fat

170 calories

PHASE 3 MODIFICATIONS

Sear on high heat in olive oil on each side before adding to crock pot.

Horseradish sauce may be modified by adding mayonnaise or Greek yogurt instead of beef broth.

Directions

1. Combine spices in a small bowl.
2. Rub the mixture into the beef on all sides.
3. Salt the meat liberally.
4. Place the brisket in a crock pot. Fill about half way with water.
5. Add celery to the liquid and set crock pot on high for 30 minutes.
6. Reduce heat to medium or low and allow to slow cook for 6-8 hours.
7. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish.
8. Enjoy with **Horseradish Marinade/Dipping Sauce**.
9. Save the juices, skim the fat, and use to make flavourful sauces and dressings.



telephone
email
website

(416) 477 - 1345

info@HCGDIETCANADA.com

www.HCGDIETCANADA.com