



Braised Sweet and Sour Brisket

(serves 6)

1 3-4lb brisket or chuck roast (remove any extra fat off the meat)

2 Tbl. vegetable oil

2 Tbl. olive oil

5 carrots, peeled and chopped into inch pieces

2 sweet potatoes, peeled and chopped into 1 ½ inch pieces

4 celery ribs, cut into inch slices

2 onions, peeled and chopped

4 cloves of garlic, minced

6 Tbl. cider vinegar

¼ C. dark brown sugar

½ C. low sodium ketchup

1 ½ C. chicken stock

salt and pepper

If cooking in a dutch oven, pre-heat the oven to 300 F.

Browning the meat:

Salt and pepper the meat. Heat the oil over medium heat in your braising pan. When you know it is hot, but before it starts to smoke, add the brisket, making sure it is brown before you turn it over. When both sides are brown, transfer to the ceramic insert of your crock pot, or a plate, turn off burner.

Sautéing the aromatics:

Drain out the oil from the pan, add in olive oil and heat over medium heat. Add in the onions, carrots, sweet potatoes and celery. Saute for a few minutes. Add in the garlic and cook for another minute. Deglaze by adding the vinegar, brown sugar, ketchup, and broth. Mix to combine, pour over the brisket.

SLOW COOKER COOKING: Cover the slow cooker and cook on high for 4-6 hours or on low for 8 to 10 hours.

OVEN COOKING: Braise in the oven for about 3 hours or until tender.