

Marinated Barbecue Beef Brisket

Steve first tried this recipe in January 2008 when Lisa began her New Years' diet and Mike and Jody went out to dinner for their anniversary. Steve enjoyed the meal at the Cook's cabin with Rick and Jerrilyn Ewing.

Ingredients:

4-5 pounds fresh beef brisket
2 teaspoons unseasoned meat tenderizer
 $\frac{1}{2}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon garlic salt or several garlic cloves, minced
 $\frac{1}{4}$ cup liquid smoke
 $\frac{1}{4}$ cup Worcestershire sauce
1 $\frac{1}{2}$ cups barbecue sauce

Sprinkle tenderizer and seasonings on both sides of meat. Place meat in a gallon-size zip-lock bag. Pour liquid smoke and worcestershire sauce over top. Cover and marinate in refrigerator 6-10 hours or overnight.

Place brisket on a large piece of heavy-duty aluminum foil. Fold foil to cover meat. (Cut brisket in half if necessary to fit easily into crock-pot.) Cover and cook on low setting for 10-12 hours. Save drippings.

Chill brisket, then cut across the grain into thin slices. Before serving, reheat in your favorite barbecue sauce or in the original meat drippings.

Serves 8-10

Each Serving: Calories 677

Fat: 53 gm

Sodium: 1100 mg

Protein: 40 gm

Carbohydrate: 7 gm

Cholesterol: 156 mg

