

Edna Lewis' Oven Brisket

Yield: 6 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/best-southern-oven-brisket-recipe>

Ingredients:

- 3 pounds brisket
- salt
- freshly ground pepper
- vegetable oil
- 1 tablespoon butter or vegetable or olive oil
- 1 1/2 pounds onions peeled and sliced
- 4 whole allspice berries
- 1 bay leaf

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 145 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 49 grams
7. SaturatedFat: 8 grams
8. Sodium: 330 milligrams
9. Sugar: 5 grams

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