

Sous Vide Brisket

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/brisket-mexican-recipe-sous-vide>

Ingredients:

- 1 brisket about 4-4.5 pounds
- kosher salt
- 1 ounce dried porcini mushrooms
- 2 tablespoons extra virgin olive oil
- 1 large onion sliced
- 1 teaspoon salt
- 4 cloves garlic sliced
- 2 tablespoons tomato paste
- 2 tablespoons brown sugar
- 4 medium carrots cut on a large bias, see photo above

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 900 milligrams
8. Sugar: 10 grams

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