

# Pot Roast Brisket

Yield: 7 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/cipollini-italian-recipe>

## Ingredients:

- 1 beef brisket flat-cut, 4 1/2 to 5 lb., rolled and tied
- freshly ground pepper
- salt
- 1 tablespoon olive oil
- 1 1/2 pounds cipollini onions peeled
- 4 garlic cloves smashed
- 1/4 cup all purpose flour
- 1/2 cup dry red wine such as Zinfandel
- 2 tablespoons demi-glace mushroom
- 1/4 cup tomato paste
- 1 3/4 cups beef broth
- 3 fresh rosemary each, and thyme sprigs, tied in a cheesecloth
- 5 carrots peeled and cut into 1 1/2-inch pieces
- 2 bunches Swiss chard stems and large ribs removed, leaves cut into 1-inch strips, blanched and squeezed of excess moisture

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 2 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. Sodium: 630 milligrams
7. Sugar: 8 grams

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