

Italian Style Beef Brisket

Yield: 4 min

Total Time: 195 min

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

Ingredients:

- 2 pounds beef brisket flat cut
- 1 tablespoon canola oil
- 1 tablespoon kosher salt
- 1 tablespoon garlic powder
- 1/2 tablespoon dried oregano
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 fire-roasted diced tomatoes 14-ounce can
- 2 cups chicken broth
- carrots optional
- onions optional
- peppers optional
- mushrooms optional

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 140 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 51 grams
7. SaturatedFat: 7 grams
8. Sodium: 2030 milligrams
9. Sugar: 2 grams

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