

# Savory Herb Braised Brisket

Yield: 7 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-braised-brisket-recipe>

## Ingredients:

- 7 pounds brisket
- extra-virgin olive oil
- 4 onions diced
- 5 carrots, peeled & sliced into 1-inch pieces
- 5 celery stalks, peeled and sliced into 1-inch pieces
- 10 sprigs thyme
- 2 sprigs rosemary
- 2 bay leaves
- 8 cloves garlic
- 1 quart beef broth
- kosher salt
- black pepper
- potato starch optional
- chopped parsley Fresh, optional, for garnish

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 280 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 98 grams
7. SaturatedFat: 14 grams
8. Sodium: 960 milligrams
9. Sugar: 5 grams

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