

Oh So Tender Brisket

Yield: 7 min

Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/so-tender-swiss-steak-recipe-taste-of-home>

Ingredients:

- 3 pounds beef brisket
- 1 ounce onion soup mix
- 1 3/4 fluid ounces flavoring liquid smoke
- 1/2 teaspoon garlic powder
- 1 teaspoon freshly ground black pepper
- 1/4 cup all purpose flour

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 120 milligrams
4. Fat: 14 grams
5. Protein: 42 grams
6. SaturatedFat: 6 grams
7. Sodium: 4020 milligrams

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