



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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Easy-Day Grass-fed Beef Brisket

This beef brisket recipe practically cooks itself. Do NOT substitute a fatty, grain-fed brisket in this recipe unless you like your meat swimming in fat.

Ingredients

Grass Fed Beef Brisket (about 3 lbs.)
bay leaf
1 Tbsp. garlic powder OR 4-5 cloves crushed garlic
1/3 cup vinegar
1/3 cup oil
1 cup water
black pepper, chili powder, and paprika to taste
Bottled barbeque sauce, optional

Directions

Optional: In a medium-hot frying pan, heat a little oil and brown the meat on all sides prior to adding to crock pot.

Place all ingredients except the optional BBQ sauce in crock pot.

Cook on low heat for 8 to 10 hours. Remove meat from liquid. Allow meat to rest for a few minutes on a cutting board. Slice and enjoy.

Some folks like to serve the meat with warm barbeque sauce on the side or poured over the meat.