

Foodnity Recipes

Slow Cooked Beef Brisket Recipe

20 min Prep time	**9 h** Cook time	**9 h 20 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 5 lb beef brisket, trimmed
- [ ] 2 tbsp kosher salt
- [ ] 1 tbsp freshly ground black pepper
- [ ] 1 tbsp smoked paprika
- [ ] 2 tbsp olive oil
- [ ] 1 large onion, sliced
- [ ] 4 cloves garlic, minced
- [ ] 2 cups low-sodium beef broth
- [ ] 1/4 cup brown sugar
- [ ] 2 tbsp Worcestershire sauce
- [ ] 2 tbsp apple cider vinegar
- [ ] 4 sprigs fresh thyme
- [ ] 2 bay leaves

Optional Garnish

- [ ] Fresh chopped parsley
- [ ] Extra thyme leaves

Instructions

1. Pat the brisket dry, season both sides with salt, pepper, and smoked paprika; let it rest while you heat the olive oil in a large skillet.
2. Sear the brisket for 4-5 minutes per side until a deep brown crust forms, then transfer it to the slow cooker.
3. In the same skillet, sauté sliced onion and minced garlic until softened, then deglaze with a splash of beef broth.
4. Combine the remaining broth, brown sugar, Worcestershire sauce, apple cider vinegar, thyme, and bay leaves; pour over the brisket.
5. Set the slow cooker to LOW and cook for 8-10 hours until the meat is fork-tender.
6. Remove the brisket, let it rest 15 minutes, then slice against the grain.
7. Meanwhile, skim the surface of the cooking liquid, then transfer to a saucepan and simmer until reduced to a glossy sauce.
8. Drizzle the reduced sauce over the sliced brisket, garnish with parsley and extra thyme, and serve.

Nutrition per serving

620 kcal	45 g	18 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter glaze, add an extra tablespoon of brown sugar.
- For a smoky twist, stir in a dash of liquid smoke before cooking.
- The brisket can be cooked on HIGH for 5-6 hours, but low is gentler on texture.