

# OVEN-SMOKED BRISKET



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

★ 1 5- to 6-pound boneless beef brisket flat

### For the dry rub:

- ★ 2 tablespoons coconut sugar
- ★ 1 tablespoon garlic powder
- ★ 1 tablespoon onion powder
- ★ 1 tablespoon chili powder
- ★ 1 tablespoon dry mustard
- ★ 1 tablespoon smoked paprika
- ★ 1 teaspoon kosher salt
- ★ 1½ teaspoon freshly cracked black pepper
- ★ 1½ teaspoon cayenne pepper

### For the smoking liquid:

- ★ 2 cups low-sodium beef broth
- ★ ¼ cup Worcestershire sauce
- ★ 2 tablespoons-¼ cup liquid smoke, as desired
- ★ No-sugar-added BBQ sauce, for serving, optional

## DIRECTIONS

Prepare the brisket by trimming any excess fat so that you leave only ¼" layer intact. In a small bowl, whisk together the ingredients for the dry rub until well combined. Rub the brisket with the spice mixture, thoroughly coating the entire surface. If desired, the brisket can at this point be lightly covered and refrigerated for up to 24 hours to dry brine the meat; if not, leave the brisket to come to room temperature, about 1 hour, and preheat the oven to 250 degrees F.

In the bottom of a roasting pan, whisk together one cup water, the beef broth, Worcestershire sauce, and liquid smoke, then insert the rack (the liquid should come up to ¼"-½" below the surface of the rack—if it's touching the rack, be sure to remove some liquid before proceeding; if the liquid level seems too low, add a little more water as needed). Transfer the prepared brisket to the rack and insert an oven-safe meat thermometer into the thickest part (a leave-in electronic probe thermometer is highly recommended). Tightly cover the pan with foil—if using an electronic probe thermometer, you can thread the wire out the side of the pan; if using a standard thermometer, simply insert it straight through the foil—and transfer to the oven.

Cook the brisket until the internal temperature reaches 185 degrees F, then remove the foil and continue cooking until it reaches 200 degrees F and the brisket is tender when pierced with the tip of a sharp knife. Depending on the size of your brisket and your oven, this can take anywhere from 5 to 9 hours (your meat thermometer will be a better indicator of doneness than a timer for this recipe, so exercise patience; brisket can sometimes stall when cooking—if the temperature stops rising for 30 minutes or more, or even decreases by a few degrees, remove the brisket from the oven, tightly wrap in foil, and return to the oven to break through the stall and finish cooking). When done, transfer the brisket to a cutting board and loosely tent with foil. Allow to rest for at least 30 minutes and up to two hours before thinly slicing against the grain and serving.

Serve with no-sugar-added BBQ sauce, optional.

### Serving Size and Nutritional Information:

**Serves 20** (Serving Size = 117g)

**250 Calories Per Serving, 9g Total Fat, 2g Total Carbohydrates, 37g Protein**

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://MyType2Transformation.com).



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.  
© 2024 Novo Nordisk All rights reserved. US23OZM00628 January 2024