

Beef Brisket with Root Vegetables

Servings : 8

Amount	Measure	Ingredient - Preparation Method
1	tablespoon	flour
4	pounds	first cut brisket, trimmed
1	cup	meatless marinara sauce
1/2	cup	beer
3		bay leaf
3	medium	onion - quartered
3	large	carrots - 1" pieces
2	large	potato - 1.5" pieces
1	large	parsnip - 1/2" pieces
6		garlic clove - halved
1/8	teaspoon	salt
1/8	teaspoon	freshly ground pepper

Heat oven to 325. Dust inside of large roasting bag with flour; set in roasting pan. Place brisket in bag.

In large bowl, combine marinara sauce, beer and bay leaves; mix well. Pour over meat, tilting bag to coat underside of meat.

Arrange onions, carrots, potatoes, parsnip and garlic around meat, spooning some of the sauce onto veges.

Tie bag closed. Cut 3 or 4 1/2" slits in bag.

Cook 2.5-3 hours or until internal temp reaches 160.

Let rest 15 minutes before slicing. Discard bay leaves.

Skim fat from juices. Season with salt and pepper. Drizzle juices over roast. Pour remainder into gravy boat.