

Cranberry Beef Roast



As this beef brisket slowly simmers, the delicate sweetness of cranberries smoothes out the flavor of the marinara sauce for a dinner that's worthy of guests.

Makes: 6 servings

Serving Size: 5 ounces cooked meat and $\frac{3}{4}$ cup sauce

Carb grams per serving: 38g

- 1 pound beef brisket
- Salt
- Ground black pepper
- 1 tablespoon cooking oil
- 2 stalks celery, sliced
- 1 medium green or red sweet pepper, chopped
- 1 medium onion, chopped
- $\frac{1}{2}$ cup water
- 1 clove garlic, minced
- 1 16 ounce can whole cranberry sauce
- 1 15 - 16 ounce can marinara sauce or tomato sauce

1. Trim fat from beef brisket. Sprinkle brisket with salt and pepper. In a 4- to 6-quart Dutch oven, cook brisket in hot oil about 10 minutes or until browned, turning once. Remove brisket from Dutch oven. Add celery, sweet pepper, onion, the water, and garlic to Dutch oven. Cook and stir over medium heat about 5 minutes or just until vegetables are tender. Add the cranberry sauce and marinara or tomato sauce; cook until bubbly.

2. Return brisket to the sauce mixture in Dutch oven. Cover and simmer about 3 hours or until brisket is tender. Remove the brisket; cover with foil and let stand while preparing sauce. Boil sauce gently, uncovered, for 5 to 10 minutes or until sauce is slightly thickened. Slice brisket. Serve brisket with sauce. Makes 6 (5 ounces cooked meat and $\frac{3}{4}$ cup sauce) servings.

Nutrition Facts Per Serving:

Servings Per Recipe:	6
Calories:	413
Total Fat:	13g
Cholesterol:	76mg
Saturated fat:	4g
Carbohydrates:	38g
Fiber:	3g
Protein:	35g
Sodium:	549 mg

Diabetic Exchanges:

Vegetables:	1
Other Carbs:	2
Lean Meat:	5

Recipe from Diabetic Living Online (diabeticlivingonline.com)