Beef Brisket with Burgundy

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 6 to 7 servings

1 four pound fresh beef brisket
1 package onion soup mix
1/2 cup burgundy wine
1/2 cup water
cornstarch

Preheat the oven to 350 degrees.

Trim the excess fat from the brisket. Place the brisket in a flat baking dish with a cover (or use foil). Sprinkle the onion soup mix over the meat. Add the wine and water. Cover tightly.

Bake for 3 to 3-1/2 hours. Remove the brisket from the pan. Skim the fat from the pan juices.

In a bowl, blend 1 to 1-1/2 tablespoons of cornstarch with 1/2 cup of water. Add to the pan juices and cook, stirring constantly, until hot and bubbly.

Slice the brisket at an angle across the grain.

Serve with the wine sauce.

Per Serving (excluding unknc
items): 115 Calories; 2g Fat (
calories from fat); 5g Protein;
Carbohydrate; 4g Dietary Fib
2mg Cholesterol; 3497mg Sc
Exchanges: 1 1/2 Grain(Star
1/2 Fat.