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## ***Guinness-Braised Beef Brisket***

*Cooking Light, MARCH 2003*

*Tender from gentle cooking, this entree is a classic preparation made without the usual pot watching. Serve it with grainy, coarse-ground mustard. Use the leftovers in classic Rubeen sandwiches: sliced corned beef with Thousand Island dressing, Swiss cheese, and sauerkraut on sourdough, rye, or pumpernickel bread.*

2 cups water  
1 cup chopped onion  
1 cup chopped carrot  
1 cup chopped celery  
1 cup Guinness stout  
2/3 cup packed brown sugar  
1/4 cup tomato paste  
1/4 cup chopped fresh or 1 tablespoon dried dill  
1 (14 1/2-ounce) can low-salt beef broth  
6 black peppercorns  
2 whole cloves  
1 (3-pound) cured corned beef brisket, trimmed

Combine first 11 ingredients in a large electric slow cooker, stirring until well blended; top with beef. Cover and cook on HIGH 8 hours or until beef is tender. Remove beef; cut diagonally across grain into 1/4-inch slices. Discard broth mixture.

Yield: 6 servings (serving size: 3 ounces)

CALORIES 226 (39% from fat); FAT 9.7g (sat 3.2g, mono 4.7g, poly 0.4g); PROTEIN 17.9g; CHOLESTEROL 87mg; CALCIUM 28mg; SODIUM 1105mg; FIBER 0.9g; IRON 2.2mg; CARBOHYDRATE 15.2g