


KING FLUFFY THE 4TH'S BEEF BRISKET AND GOLDEN MASHED POTATOES

This royal entrée is fit for a king . . . and for little kids too!



Ingredients:

-  1 large yellow onion, coarsely chopped
-  2 teaspoons dried rosemary
-  1 bay leaf
-  ¼ cup brown sugar, packed
-  2 cups low-sodium beef broth
-  1 28-ounce can crushed tomatoes
-  3 pounds beef brisket, trimmed of fat
-  4 cups Yukon gold potatoes, peeled
-  ½ cup nonfat milk, hot
-  1 tablespoon margarine
-  Salt and pepper to taste
- * 4 garlic cloves, chopped, optional



Directions:

1. Spray 4-quart Dutch oven with olive oil cooking spray.
2. Place onions, garlic, rosemary, bay leaf, brown sugar, beef broth, and tomatoes into prepared baking dish and stir to combine.
3. Place brisket on top of tomato mixture. Spoon some of the tomato mixture onto the top of the brisket.
4. Place Dutch oven over medium heat until tomato mixture begins to bubble, cover and reduce heat to low. Cook until brisket is very tender, about 2½ to 3 hours.
5. Turn off heat and let brisket rest, covered.
6. Meanwhile, cut potatoes into 2-inch pieces and place in a large saucepan filled with cold water.
7. Bring to a boil over high heat, reduce heat to medium and simmer until potatoes are soft, about 10 minutes.
8. Drain and place potatoes in a bowl with milk and margarine.
9. Using an electric mixer, whip potatoes until creamy. Cover with plastic wrap to keep warm.
10. Remove and throw away the bay leaf (these should never be eaten and only to be used for flavoring). Slice the brisket thinly. Spoon sauce from the pan over top of brisket and serve.

Makes 8 to 12 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!