



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

Oakhurst, NJ  
732.663.0222

Marlboro, NJ  
732.536.2027

Brooklyn, NY  
718.998.8898

Cedarhurst, NY  
516.569.6400

## BRISKET POT ROAST WITH BUTTERNUT SQUASH, SWEET POTATOES, AND APRICOTS

Final Lifestyle

### Ingredients

- 2 TSP olive oil
- 1 (3-pound) beef brisket, trimmed
- 1-1/2 TSP kosher salt
- ½ TSP freshly ground black pepper
- 2 cups chopped onion
- 1 cup Madeira
- 1 (14-ounce) can fat-free, less-sodium beef broth
- 4 garlic cloves, chopped
- 1 bay leaf
- 4 cups (1-inch) cubed peeled butternut squash (about 1-1/4 pounds)
- 4 cups (1-inch) cubed peeled sweet potato (about 2 medium)
- 1 cup dried apricots, chopped
- 3 TBS chopped fresh flat-leaf parsley

### Instructions

1. Preheat oven to 350°.
2. Heat oil in a large Dutch oven over medium-high heat. Sprinkle brisket with salt and pepper. Add brisket to pan; cook 5 minutes, turning to brown on all sides. Remove from pan. Add onion to pan; sauté 8 minutes or until browned. Return beef to pan. Add Madeira, broth, garlic, and bay leaf to pan; bring to a simmer. Cover and bake at 350° for 1-1/2 hours.
3. Add squash, potato, and apricots to pan. Cover and bake an additional 1 hour or until vegetables are tender. Remove bay leaf from pan; discard. Remove brisket from pan; cut diagonally across the grain into thin slices. Sprinkle with parsley. Serve with vegetables and cooking liquid.

### Portion-Per-Serving Information (Yields 11 servings):

1 serving = 3 oz. of meat, ½ cup vegetables, about 2 TBS cooking liquid