

# BBQ Brisket

## the STUFF

Brisket (2 lbs)  
Olive Oil  
Fresh Ground Black Pepper  
BBQ Sauce (1 bottle)  
Consume (1 can)  
Worcestershire Sauce (1/4 cup ish)

## what TO DO

... in a skillet  
heat olive oil  
brown the brisket on all sides  
(this should only take about 3 minutes)

... in a bowl  
whisk together: BBQ sauce, consume, Worcestershire sauce, & black pepper  
(if you like a thicker sauce, use less consume)  
(If the sauce is thick now, that's okay, it will thin from the meat juices)

... in a Crockpot  
place meat (fat side up) in the Crockpot  
poke the meat with a fork  
pour the BBQ mixture over the meat  
cook on high for 3-4 hours  
(Or let it cook all day. The longer it cooks, the more tender the meat gets)

This meal is wonderful with mashed potatoes, twice-baked potatoes, warm bread, baked beans, and/or corn on the cob. Enjoy!

## personal NOTES

