

**Fennel & Fire**  
excite your taste buds, naturally!

Organic  
**COWBOY RUB**

& Fire Salt

## COWBOY BRISKET

*in homemade BBQ sauce*

I took the recipe from Taste of Home Slow-Cooker Beef Brisket and tweaked it to make this super bowl worthy brisket seasoned with our Cowboy rub. The liquids left over are then simmered and thickened to make an excellent cowboy BBQ sauce that is natural with no chemicals, additives, or preservatives.

**Ingredients:** One three lb beef brisket (grass feed), 1 cup of fresh mushrooms chopped, one can fire roasted diced tomatoes, one small onion chopped, 1/2 cup organic brown sugar, 1/3 cup organic balsamic vinegar, 2 tbsp of tomato paste, 1/2 cup water, four tbsp of Fennel and Fire Cowboy spice (divided into two) For thickener: one tbsp room temperature butter, 2 tbsp of flour.

**Directions:** Pat dry brisket, sprinkle with salt & pepper, and one tbsp of cowboy blend per side. Sear over medium heat. Remove from pan and place into crock pot. In the saute pan, add the tomato paste and saute for 1-2 min. Add the brown sugar, onion, tomatoes, water, Cowboy spice, and balsamic vinegar. Simmer until sugar dissolves. Pour liquid over the brisket in the crockpot. Cook on low for 6-7 hours. Once cooked and tender, remove the brisket to a cutting board. In a small dish, mash the butter and flour together until it makes a paste. Pour liquids from the crockpot into a pan. Bring to a simmer. If you have an immersion blender, blend twice for four sec. Once it is simmering, add the flour paste and continue to simmer for 2-3 more minutes. Set aside while you carve the brisket. Serve with warm Cowboy BBQ sauce.