**Baked BBQ Brisket**

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If you do not have a slow cooker, baking brisket in the oven is a good alternative for making tender meat. In this recipe, the brisket is first placed in the refrigerator overnight to absorb flavors from a spice rub. Then the brisket is slowly cooked in the oven, until the juicy and flavorful meat can be easily shredded with a fork. Serve with Paleo bread for sandwiches or alongside sweet potatoes.

**Ingredients:**

4 lbs. beef brisket

Paleo barbeque sauce

For the spice mix:

1 tbsp smoked paprika

2 tsp salt

2 tsp freshly ground pepper

1 tsp dried thyme

1 tsp onion powder

1/2 tsp cumin

1/2 tsp garlic powder

1/2 tsp cayenne pepper

**Directions:**

1. Rinse the meat and pat dry with a paper towel. Combine the ingredients for the spice mix in a small bowl and rub into the brisket.

Cover tightly with foil and refrigerate for at least 6 hours or overnight.

2. Remove from the refrigerator and let the brisket come to room temperature. Preheat the oven to 300 degrees F. Wrap the brisket in foil and place in a roasting pan or baking sheet. Cook for two and a half hours and then check the meat. Once tender and cooked through, remove the foil and transfer the brisket to a cutting board. Allow to cool for 15 minutes.

3. Carve off any fat and shred the beef into pieces. Place the beef into a baking dish and cover with barbeque sauce. Cover the dish with foil and place back in the oven for one hour. Serve warm.

