

Food for the Spirit

BEGINNER'S BRISKET

3-4 pounds chuck roast OR 3-4 pounds beef brisket

1 large white onion, chopped

1 cup ketchup

1 envelope dry onion soup mix

1/2 cup water

Preheat oven to 350 degrees

Line roasting pan with aluminum foil and coat with cooking spray.

Place beef in the pan. Mix all ingredients together and pour over beef.

Cover with aluminum foil and bake for 2 ½ to 3 hours. Slice and enjoy with your favorite sauce and sides.

