

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Paleo Grass-fed Brisket Sante Fe**

*Created by Karen Stoychoff Inman | Daily Herald Cook of the Week Featured Recipe*

- 1 4-5 pound grass-fed beef brisket
- 2 ounces Pancetta or 6 slices nitrate / nitrite free bacon
- 1 teaspoon organic extra virgin coconut oil or extra virgin olive oil
- 1 cup shallots; roughly chopped
- 2 – 28.6 ounce cartons Strained Pomi Tomatoes
- 2/3 cup unsweetened coconut milk
- 3 cloves garlic, minced
- 1 teaspoon Kosher salt
- 1 teaspoon Hershey's Natural Unsweetened Cocoa Powder
- 3 Chipotle Peppers\* (packed in adobe sauce); roughly chopped
- 3 tablespoons adobe sauce
- 1/8 teaspoon cinnamon
- 2/3 cup roasted & peeled sweet potato
- 1 tablespoon Balsamic vinegar
- 1 teaspoon Coleman's Dry Mustard
- 1/2 teaspoon pepper, freshly ground
- 2 teaspoons Mrs. Dash Onion & Herb
- 1 tablespoon Paprika
- 1 bay leaf

Melt the coconut oil in a large sauce pan; add the shallots and sweat until translucent. Add the tomatoes and remaining ingredients; stir well. Cover and simmer for 15 minutes. Remove from heat and uncover.

Pre-heat the oven to 350 degrees. Place the brisket in a large roasting pan and drape with the pancetta or bacon.

Ladle the tomato mixture over the brisket to almost cover. Save any remaining sauce for use within three days, or cool and put in the freezer for future use.

Cover the brisket tightly with aluminum foil and place in the center of the oven. Immediately reduce oven heat to 325 degrees and roast the brisket for 3 hours, or until the meat is fork tender. Serves 6 – 8.

\* If you like your food on the spicier side, increase the chipotle peppers to four and the adobe sauce to 4 tablespoons.



[www.eliteathletic.com](http://www.eliteathletic.com) • 847.394.8110

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004

Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005