Whole 30 brisket in a crock pot

Ingredients

- 1 ½ pound brisket
- 3 cups chicken stock
- 1 large onion, chopped
- 8 sliced cloves of garlic
- 8 oz sliced mushrooms any kind
- 8 carrots sliced ½ inch thick
- ½ teaspoon salt
- 1 tablespoon of garlic powder and onion powder

1. Place stock, onions, mushrooms and carrots in a crock pot
2. Sprinkle with garlic, onion and salt on top of brisket
3. Place meat in the center
4. Turn crock pot on slow for 8-24 hours
5. At 8 hours take meat out and cut to desired thickness and replace back in and cook until desired temperature.
6. Enjoy