

The Best Jewish Beef Brisket

Yield: 4 min
Total Time: 260 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-bread-recipe-without-yeast>

Ingredients:

- 5 pounds brisket trimmed of fat
- 6 large carrots peeled and cut into 1 inch pieces
- 2 pounds baby potatoes red or gold cut into halves and making sure they are all equal sizes
- 8 cloves garlic diced finely
- 1 cup water or more to cover roast
- 1/4 cup paprika
- 4 tablespoons olive oil
- 1 1/2 tablespoons salt

Nutrition:

1. Calories: 1230 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 350 milligrams
4. Fat: 54 grams
5. Fiber: 10 grams
6. Protein: 126 grams
7. SaturatedFat: 19 grams
8. Sodium: 3200 milligrams
9. Sugar: 8 grams

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