

# Instant Pot Brisket

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-brisket-recipe-onion-soup-mix>

## Ingredients:

- 1 tablespoon avocado oil
- 5 pounds brisket
- 1 cup ketchup
- 1/2 cup brown sugar
- 2 cups plain seltzer or 1 can ginger ale
- 1 packet onion soup mix
- 2 large onions rough chopped
- 5 carrots peeled and thick sliced
- 4 potatoes medium Yukon, rough chopped

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 175 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 63 grams
7. SaturatedFat: 9 grams
8. Sodium: 990 milligrams
9. Sugar: 20 grams

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