

# Jamaican Oxtail Stew

Yield: 6 min  
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/original-jamaican-oxtail-recipe>

## Ingredients:

- 3 tablespoons cooking oil
- 2 pounds oxtail cut up medium pieces
- 1 onion chopped
- 2 teaspoons minced garlic
- 1 teaspoon thyme fresh chopped
- 1/2 teaspoon smoked paprika
- 1 tablespoon ketchup /tomato paste
- 1 whole pepper Scotch bonnet
- 2 green onions chopped
- 6 whole pimento seeds allspice
- 1 tablespoon worcestershire sauce
- 1 teaspoon curry or more adjust to preference
- 15 ounces butter beans rinsed and drained
- 1 teaspoon browning optional
- 1 tablespoon bouillon powder or cube, optional
- salt to taste

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 110 milligrams
4. Fat: 49 grams
5. Fiber: 20 grams
6. Protein: 44 grams
7. SaturatedFat: 19 grams
8. Sodium: 330 milligrams
9. Sugar: 8 grams

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