

How To Make Oxtail Stew

Yield: 4 min
Total Time: 280 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-braised-oxtail-stew-recipe>

Ingredients:

- 6 oxtails trimmed of visible excess fat
- no-salt seasoning Kirkland Organic
- 1 onion large, diced
- 2 celery ribs chopped
- 2 carrots peeled chopped
- 4 garlic cloves smashed
- 1 tablespoon tomato paste
- 1 tablespoon worcestershire
- 2 cups red wine
- 4 cups bone broth beef
- 1 thyme bunch tied with string
- 2 bay leaves
- 1 whole serrano pepper
- 15 ounces stewed tomatoes
- 15 ounces Great Northern beans
- 2 potatoes extra large dice
- 1 bag mixed vegetables frozen
- 1/2 cup small pasta any variety
- kosher salt
- black pepper

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 87 grams
3. Fat: 1.5 grams
4. Fiber: 18 grams
5. Protein: 23 grams
6. Sodium: 1080 milligrams
7. Sugar: 13 grams

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