

# Instant Pot Easy Braised Oxtail

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 1 tablespoon vegetable oil
- 3 pounds oxtail cut into 3-inch lengths
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup beef broth or water
- 1/2 teaspoon dried thyme
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce

## Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 240 milligrams
4. Fat: 95 grams
5. Protein: 59 grams
6. SaturatedFat: 41 grams
7. Sodium: 990 milligrams
8. Sugar: 1 grams

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