

Chinese Oxtail Soup

Yield: 4 min
Total Time: 110 min

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

Ingredients:

- 1 kilogram oxtail separated at joints
- 8 cups beef stock or water, *Footnote 1
- 2 tablespoons olive oil
- 1 onion coarsely chopped
- 4 carrots chopped
- 1 ginger thumb, sliced
- 4 yukon gold potatoes chopped
- 28 ounces tomato diced
- 2 tablespoons tomato paste
- 3 bay leaves
- 1/4 head cabbage chopped
- 2 teaspoons sugar
- 1 teaspoon coarse sea salt
- 1/2 teaspoon black pepper coarse
- sour cream optional
- sour cream optional
- plain greek yogurt optional

Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 185 milligrams
4. Fat: 78 grams
5. Fiber: 13 grams
6. Protein: 63 grams
7. SaturatedFat: 33 grams
8. Sodium: 1880 milligrams
9. Sugar: 19 grams

Thank you for visiting our website. Hope you enjoy Chinese Oxtail Soup above. You can see more 15 recipe for chinese oxtail soup Dive into deliciousness! to get more great cooking ideas.