

Slow Cooker Oxtail Soup

Yield: 4 min
Total Time: 60 min

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

Ingredients:

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

Nutrition:

1. Calories: 1420 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 240 milligrams
4. Fat: 100 grams
5. Fiber: 9 grams
6. Protein: 71 grams
7. SaturatedFat: 41 grams
8. Sodium: 640 milligrams
9. Sugar: 10 grams

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