

# Jamaican Oxtail

Yield: 4 min  
Total Time: 205 min

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

## Ingredients:

- 2 1/2 pounds oxtails beef, rinsed, dried, and trimmed of excess fat
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon salt
- 2 teaspoons garlic powder
- 1 teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon sauce browning
- 1/2 teaspoon ground cayenne pepper
- 2 tablespoons vegetable oil
- 2 medium carrots sliced
- 2 rib celery sliced
- 1 medium yellow onion chopped
- 1 jalapeno pepper chopped
- 1 tablespoon garlic minced
- 3 cups beef broth
- 1 bunch thyme
- 1 bay leaf
- 16 ounces butter beans drained and rinsed

## Nutrition:

1. Calories: 1390 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 200 milligrams
4. Fat: 85 grams
5. Fiber: 24 grams
6. Protein: 76 grams
7. SaturatedFat: 35 grams

8. Sodium: 2870 milligrams

9. Sugar: 16 grams

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