

Oxtail Stew

Yield: 6 min
Total Time: 105 min

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

Ingredients:

- 2 tablespoons olive oil
- 4 pounds oxtails
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon pepper or to taste
- 1 large onion chopped
- 6 cloves garlic minced
- 2 teaspoons fresh ginger grated
- 1 habanero diced
- 1/4 teaspoon allspice ground
- 1/2 teaspoon smoked paprika
- 1/4 cup tomato paste
- 2 tablespoons soy sauce low sodium
- 6 cups beef broth low sodium
- 4 sprigs fresh thyme
- 2 bay leaves freshly chopped
- 15 ounces lima beans rinsed and drained, or butter beans or white/navy beans
- 1 tablespoon cornstarch
- 3 green onions chopped

Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 215 milligrams
4. Fat: 86 grams
5. Fiber: 5 grams
6. Protein: 60 grams
7. SaturatedFat: 37 grams
8. Sodium: 1590 milligrams
9. Sugar: 4 grams

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