

Pressure Cooker Oxtail Stew

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 3 pounds oxtail
- 3 shallots chopped
- 3 garlic cloves minced
- 2 tablespoons flour
- 2 tablespoons tomato paste
- 6 cups beef broth
- 2 bay leaves
- 1 sprig rosemary /thyme/sage
- 1 cup pearl onions
- 1 cup carrots sliced
- 2 pounds potatoes chopped
- 1 tablespoon butter
- 1 tablespoon oil
- 1/2 teaspoon red pepper flakes
- 2 tablespoons fresh parsley chopped
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 165 milligrams
4. Fat: 66 grams
5. Fiber: 4 grams
6. Protein: 47 grams
7. SaturatedFat: 29 grams
8. Sodium: 1150 milligrams
9. Sugar: 4 grams

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