

# Oxtail, Rice and Vegetable Soup

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-stew-peas-with-oxtail-recipe>

## Ingredients:

- oxtails Rumba® Beef, 2 to 3 pounds
- 3 pounds oxtails Rumba® Meats
- 3/4 cup rice uncooked
- 1 onion diced
- 4 garlic cloves
- 3 scallions cut into pieces
- 1 teaspoon ground cumin
- 12 cups water more if necessary
- 1 cup carrots diced
- 1 cup peas fresh or frozen
- 1 cup green beans cut into bite size
- 1/4 cup finely chopped cilantro for garnish, optional
- salt
- pepper

## Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 240 milligrams
4. Fat: 92 grams
5. Fiber: 5 grams
6. Protein: 62 grams
7. SaturatedFat: 41 grams
8. Sodium: 490 milligrams
9. Sugar: 6 grams

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