

# Jamaican Stewed Oxtail With Butter Beans.

Yield: 4 min  
Total Time: 85 min

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

## Ingredients:

- 4 pounds oxtail trimmed
- 1 lemon juice
- 3/4 teaspoon black pepper
- 1 tablespoon all purpose seasoning
- 3/4 tablespoon salt
- 1 tablespoon garlic freeze dried, or garlic powder
- 1 tablespoon browning Caribbean
- 1 tablespoon dark soy sauce
- 1 teaspoon Worcestershire sauce
- 3 tablespoons olive oil
- 2 tablespoons tomato concentrate paste
- 1 medium onion diced
- 7 sprigs thyme
- 4 cloves garlic smashed
- 1 Scotch Bonnet pepper
- 2 slices ginger
- 2 scallions chopped
- 1 1/2 tablespoons seasoning Caribbean Green
- 5 cups water
- 1 tablespoon golden brown sugar
- 9 berries Pimento, allspice
- 1 can beans Lima, butter
- 2 tablespoons parsley chopped finely

## Nutrition:

1. Calories: 1580 calories
2. Carbohydrate: 22 grams

3. Cholesterol: 320 milligrams
  4. Fat: 133 grams
  5. Fiber: 7 grams
  6. Protein: 81 grams
  7. SaturatedFat: 56 grams
  8. Sodium: 1900 milligrams
  9. Sugar: 7 grams
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