

Easy Jamaican Oxtails

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-water-crackers-recipe>

Ingredients:

- 2 pounds oxtails
- 1/4 cup soy sauce
- 1 tablespoon ground allspice
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon dried thyme
- 1/4 chopped onion
- 1/2 chopped bell pepper
- 1 tablespoon minced garlic
- 2 teaspoons smoked paprika
- 2 tablespoons all purpose flour
- 3 tablespoons vegetable oil
- 1 onion large, chopped
- 5 cups water
- 1 jalapeno large
- 2 cups lima beans quick soak method done
- 16 ounces canned tomatoes

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 160 milligrams
4. Fat: 72 grams
5. Fiber: 9 grams
6. Protein: 50 grams
7. SaturatedFat: 28 grams
8. Sodium: 1830 milligrams

9. Sugar: 4 grams

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