

# Mole de Olla

Yield: 5 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-stew-ox-tails-recipe>

## Ingredients:

- beef
- shank
- 1 1/2 pounds oxtail RUMBA
- 1/2 medium white onion
- 3 garlic cloves
- 2 bay leaves
- 2 ancho peppers cleaned and deveined.
- 3 pasilla peppers cleaned and deveined.
- 1 garlic clove
- 1/4 medium white onion
- 1 tomato medium size, about 6 oz.
- 2 epazote sprigs or 1 tablespoons of dried epazote\*
- salt
- pepper
- 2 corn cobs each cut into 3 pieces
- 1 chayote cut in quarters
- 3 large carrot small or 1, cut into large pieces about 1-1 1/2 inches each
- 3 seeds xoconostles peeled, cut into thick slices, and, removed\*\*
- 2 potatoes small size, or 1 large one optional
- 2 squashes small, or 1 large one cut in quarters
- 6 ounces green beans
- 1/2 white onion finely chopped
- 1/2 cup cilantro finely chopped
- 2 serrano peppers thinly sliced or chopped
- 6 lime wedges
- 2 tablespoons epazote fresh, finely chopped, optional

## Nutrition:

1. Calories: 740 calories

2. Carbohydrate: 69 grams
3. Cholesterol: 95 milligrams
4. Fat: 43 grams
5. Fiber: 22 grams
6. Protein: 34 grams
7. SaturatedFat: 17 grams
8. Sodium: 330 milligrams
9. Sugar: 10 grams

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