

Rosemary and Garlic Braised Oxtail

Yield: 3 min
Total Time: 200 min

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

Ingredients:

- 1 tablespoon coconut oil ghee, or grassfed butter
- 4 ounces bacon cut into 2 inch pieces
- 2 pounds oxtail beef, cut up
- 3 carrots cut into 1 inch pieces
- 2 celery stalks chopped roughly
- 1 yellow onion medium, chopped roughly
- 1 head garlic outer paper layer removed and top cut off to expose garlic cloves
- 1 cup dry white wine
- 2 sprigs fresh rosemary
- 2 bay leaves
- 1/2 cup beef broth
- sea salt to taste

Nutrition:

1. Calories: 1260 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 240 milligrams
4. Fat: 103 grams
5. Fiber: 3 grams
6. Protein: 58 grams
7. SaturatedFat: 46 grams
8. Sodium: 970 milligrams
9. Sugar: 6 grams

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