

Spanish-Style Oxtails Braised with Chorizo

Yield: 7 min

Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-braised-oxtails-recipe>

Ingredients:

- 6 pounds oxtails 2- to 3-inch-pieces meaty
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 pound spanish chorizo mild, spicy cured pork sausage
- 1 onion large, coarsely chopped
- 4 carrots medium, coarsely chopped
- 4 garlic cloves chopped
- 1 California bay leaf Turkish or 1/2
- 1/2 teaspoon smoked paprika sweet or hot Spanish
- 1 cup dry white wine
- 32 ounces tomatoes can whole, in purée, coarsely chopped, including purée in a food processor
- 2 tablespoons fresh flat leaf parsley chopped
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon sherry vinegar or red-wine vinegar

Nutrition:

1. Calories: 1380 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 290 milligrams
4. Fat: 114 grams
5. Fiber: 3 grams
6. Protein: 72 grams
7. SaturatedFat: 49 grams
8. Sodium: 1000 milligrams
9. Sugar: 7 grams

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