

Southern Smothered Oxtails

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-southern-beef-hash-recipe>

Ingredients:

- 2 1/2 pounds oxtails beef
- 1 1/4 cups all purpose flour
- 2 tablespoons worcestershire sauce
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper or freshly cracked
- 3/4 cup vegetable oil
- 3 cups beef broth OR water
- 1 yellow onion large, sliced
- 3 cloves garlic fresh, minced
- salt
- pepper

Nutrition:

1. Calories: 1420 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 200 milligrams
4. Fat: 118 grams
5. Fiber: 2 grams
6. Protein: 55 grams
7. SaturatedFat: 37 grams
8. Sodium: 2260 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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