

Glazed Oxtails

Yield: 4 min
Total Time: 285 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-oxtails-and-gravy-recipe>

Ingredients:

- 4 pounds oxtails
- kosher salt
- 1/4 cup seed grape, or olive oil
- 2 cups chopped onion
- 1/2 cup chopped celery
- 1/2 cup carrot chopped
- 750 milliliters red wine full bodied
- 4 cups veal beef, or chicken stock
- 1 teaspoon dried thyme
- freshly ground pepper

Nutrition:

1. Calories: 1470 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 285 milligrams
4. Fat: 113 grams
5. Fiber: 4 grams
6. Protein: 71 grams
7. SaturatedFat: 49 grams
8. Sodium: 480 milligrams
9. Sugar: 5 grams

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