

Beef Bouillon Soup from Oxtails



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lbs oxtails dry
- ☐ 6 servings salt and pepper
- ☐ 2 onions peeled quartered
- ☐ 2 carrots cut into 1-inch sections
- ☐ 1 strips orange zest with a vegetable peeler
- ☐ 1 cup cooking wine dry white
- ☐ 4 quarts water
- ☐ 0.3 cup cranberries fresh (if in season, otherwise use a quarter of a lemon)

- ☐ 10 oz mushrooms chopped
- ☐ 3 ribs celery cut into 1-inch sections
- ☐ 4 sprigs thyme or dried
- ☐ 1 bay leaf
- ☐ 4 cloves
- ☐ 1 teaspoon peppercorns

Equipment

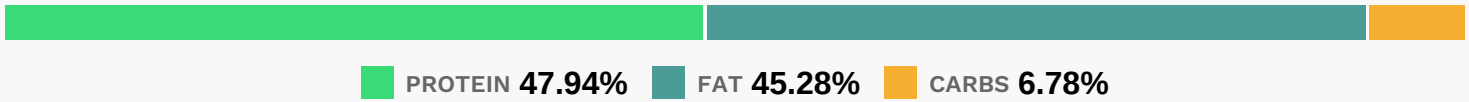
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ stove
- ☐ cheesecloth

Directions

- ☐ Roast the oxtails, carrots, onions: Preheat the oven to 450°F. Pat dry the oxtails with paper towels and put them in a roasting pan.
- ☐ Sprinkle on all sides with salt and pepper.
- ☐ Add the carrots, onions, and zest. Roast in the middle rack, turning the oxtails as they are browned.
- ☐ Once browned, remove from oven and place the oxtails and vegetables into a large stockpot.
- ☐ Deglaze the roasting pan:
- ☐ Place the roasting pan on the stovetop on medium high heat.
- ☐ Add the wine to the pan to deglaze the pan, scraping up any browned bits.

- ☐ Simmer the oxtails and other ingredients:
- ☐ Add the deglazing liquid to the stockpot with the oxtails.
- ☐ Add the cranberries, mushrooms, celery, thyme, bay leaf, cloves, and peppercorns.
- ☐ Bring the liquid to a boil, skimming whatever foam rises to the surface. Reduce the heat and simmer gently, uncovered, for 3 hours.
- ☐ Strain the bouillon from the oxtails: Ladle the mixture through a sieve lined with cheesecloth or paper towels into a large bowl.
- ☐ Reserve the oxtails for another use, such as oxtail pate. Discard the remaining solids.
- ☐ The bouillon can be made 3 days in advance and kept chilled. Discard excess fat (leave enough to cover soup when chilled).

Nutrition Facts



Properties

Glycemic Index:38.31, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:13.378695775633%

Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 636kcal (31.8%), Fat: 30.39g (46.75%), Saturated Fat: 12.09g (75.54%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 7.57g (2.75%), Sugar: 4.36g (4.85%), Cholesterol: 249.48mg (83.16%), Sodium: 702.18mg

(30.53%), Alcohol: 4.12g (100%), Alcohol %: 0.51% (100%), Protein: 72.38g (144.76%), Vitamin A: 3522.04IU (70.44%), Iron: 10.44mg (57.98%), Vitamin K: 21.95µg (20.9%), Manganese: 0.41mg (20.7%), Copper: 0.3mg (15.14%), Vitamin B2: 0.23mg (13.8%), Calcium: 110.11mg (11.01%), Fiber: 2.68g (10.74%), Potassium: 370.71mg (10.59%), Vitamin B3: 2.11mg (10.53%), Vitamin B5: 0.9mg (9.03%), Vitamin C: 6.87mg (8.33%), Vitamin B6: 0.17mg (8.3%), Phosphorus: 73.69mg (7.37%), Folate: 28.58µg (7.15%), Selenium: 4.8µg (6.86%), Magnesium: 26.33mg (6.58%), Vitamin B1: 0.08mg (5.34%), Zinc: 0.55mg (3.69%), Vitamin E: 0.34mg (2.29%)