



Oxtail Soup with Red Wine and Root Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 72.5 ounce beef broth canned
- ☐ 3 medium carrots peeled very finely chopped
- ☐ 1 teaspoon thyme dried
- ☐ 3 cups wine dry red
- ☐ 6 garlic clove minced
- ☐ 2 medium leek white green chopped (and pale parts only)

- ☐ 2 medium onion chopped
- ☐ 7.8 pounds oxtail dry (seven 3-inch segents)
- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 2 medium parsnips peeled cut into 1/2-inch cubes
- ☐ 2 large baking potatoes peeled cut into 1/2-inch cubes
- ☐ 5 tablespoons vegetable oil
- ☐ 10 cups water

Equipment

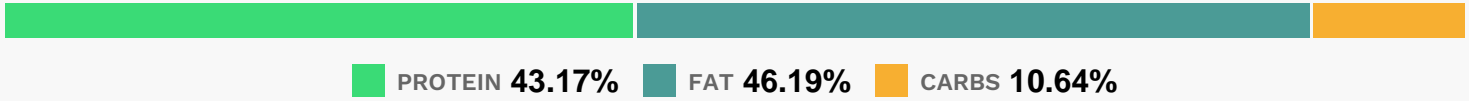
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ Heat 2 tablespoons oil in heavy large pot over medium-high heat.
- ☐ Sprinkle oxtails with salt and pepper.
- ☐ Add oxtails to pot and brown on all sides, about 20 minutes.
- ☐ Add 10 cups water, beef broth and 2 cups wine. Bring to simmer. Reduce heat to medium-low. Cover partially and simmer gently until meat is tender, stirring occasionally, about 3 hours.
- ☐ Using tongs, transfer oxtails to large bowl. Carefully pour cooking liquid into 8-cup glass measuring cup or large bowl. Freeze cooking liquid until fat separates from liquid, about 45 minutes. Spoon fat from top of cooking liquid.
- ☐ Remove meat from oxtails; discard bones.
- ☐ Add meat to cooking liquid. (Can be made 1 day ahead. Cover and chill.)
- ☐ Heat 3 tablespoons oil in same pot over medium-high heat.
- ☐ Add onions, leeks, carrots, parsnips, garlic, thyme and bay leaf. Sauté until vegetables are golden, about 12 minutes.
- ☐ Add cooking liquid with meat and remaining 1 cup wine. Bring to boil.

- ☐ Add potatoes. Cover and simmer until potatoes are tender, stirring occasionally, about 20 minutes.
- ☐ Add parsley to soup. Season to taste with salt and pepper. Ladle into bowls.

Nutrition Facts



Properties

Glycemic Index:38.07, Glycemic Load:18.16, Inflammation Score:-10, Nutrition Score:23.388695302217%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 1393.71kcal (69.69%), Fat: 67.58g (103.97%), Saturated Fat: 24.9g (155.65%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 30.21g (10.99%), Sugar: 5.6g (6.22%), Cholesterol: 483.36mg (161.12%), Sodium: 1854.67mg (80.64%), Alcohol: 9.45g (100%), Alcohol %: 0.92% (100%), Protein: 142.11g (284.23%), Iron: 19.81mg (110.05%), Vitamin A: 4410.2IU (88.2%), Vitamin K: 82.78µg (78.84%), Manganese: 0.62mg (30.76%), Vitamin C: 22mg (26.66%), Vitamin B6: 0.53mg (26.31%), Potassium: 846.09mg (24.17%), Fiber: 4.79g (19.14%), Vitamin B3: 3.63mg (18.15%), Folate: 72.06µg (18.01%), Calcium: 175.1mg (17.51%), Phosphorus: 140.58mg (14.06%), Magnesium: 54.38mg (13.59%), Copper: 0.25mg (12.41%), Vitamin E: 1.67mg (11.15%), Vitamin B1: 0.16mg (10.94%), Vitamin B2: 0.14mg (8.04%), Vitamin B5: 0.71mg (7.12%), Selenium: 3.58µg (5.11%), Zinc: 0.72mg (4.77%), Vitamin B12: 0.18µg (3%)