

Oxtail Soup

<http://unihomemaker.com/2012/10/12/oxtail-soup/>

Ingredients:

- 1 pound of oxtail, fat trimmed
- 1 large onion, sliced
- 4 cloves of garlic, smashed
- 1 large tomato, sliced
- 2 teaspoons of olive oil
- 6-8 cups of water (approximate, you can add more or less depending on how many oxtails you have in the pot or how beefy you like your soup)
- 3 carrots, peeled and cut about 2" thick on an angle
- salt and pepper to season
- scallions, finely chopped for garnish

Preparation:

In a medium size pot, parboil your oxtail for about 8-10 minutes. This will result in a clearer broth. Dump the water out and rinse the oxtail. You can do this ahead of time and store this in a Ziploc bag in your freezer. Whenever you want to make soup, you can skip this step.

In a 4 quart pot over medium high heat, add onions, garlic, tomatoes and oil. Cook until onions and tomatoes are soft, about 10 minutes. You should see a slight redness in color on the onions from the tomatoes. Season with salt and pepper. Add water, oxtail and carrots. Let the pot come to a boil and then turn down the heat to low. Simmer for about 3-4 hours or until oxtail meat pulls slightly away from the bone. Check for seasoning before serving. Garnish soup with scallions.