



Mexican Oxtail Beef Soup

Jacob · 29/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

8

Description

This is a easy foolproof recipe handed down by my mom who was a wonderful cook I try my best to recreate her awesome dishes

Ingredients

- - 2 tablespoons olive oil - 2 pounds beef oxtail
- cut into pieces - 1 pound cubed beef stew meat (Optional) - 1 cube beef bouillon - 1 onion
- chopped - 2 stalks celery
- chopped - ½ teaspoon chili powder - ¾ teaspoon ground cumin - salt and pepper to taste - 4 ears corn on the cob
- broken in half - 3 carrots
- coarsely chopped - 2 russet potatoes
- cut into bite-sized pieces - ? cup lentils
- picked over and rinsed - ? cup long grain rice - 1 cup frozen mixed vegetables (Optional) - 1 head cabbage
- cored and cut into 8 wedges - 8 corn tortillas (Optional)

Instructions

1. Heat the olive oil in a large soup pot over medium heat
2. and brown the oxtails and beef stew meat on all sides. Add water to cover the meat
3. bring to a boil
4. reduce heat to a simmer
5. and cook for 30 minutes. Skim off and discard any foam that collects at the top. Drop in the bouillon cube
6. onion
7. celery
8. chili powder
9. cumin
10. salt
11. pepper
12. and corn ears
13. stir to combine
14. and simmer the soup until the meat is very tender
15. about 2 hours. Stir in the carrots and potatoes
16. simmer for 30 more minutes
17. then stir in the lentils
18. rice
19. mixed vegetables
20. and cabbage. Simmer until the rice
21. lentils
22. and cabbage are tender
23. about 30 more minutes. Serve with a half ear of corn in each bowl
24. with hot steamed tortillas for dipping in the broth. Cook's Note This recipe takes the whole afternoon to slowly simmer
25. but is worth it when the flavors mix and the meat is nice and tender. All ingredients and spices are approximate. Make it your own
26. flavor to your taste!