

Autumn Low-Carb Oxtail Stew

Hands-on 20 minutes Overall 3-4 hours

Nutritional values (per serving): Total carbs: 5.8 g, Fiber: 1.8 g, **Net carbs: 4 g**,

Protein: 54.4 g, Fat: 49.4 g, Calories: 693 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

2 kg oxtail or beef suitable for slow cooking (bones included, 2 kg/ 4.4 lb), this will yield about 50% meat

1 tbsp ghee, butter or lard

2 cups beef stock, vegetable stock or water (480 ml/ 16 fl oz)

1 red onion

1 garlic head

1 carrot

2 celery stalks

juice and peel from 1 average orange

1 cinnamon stick

1/4 tsp nutmeg

5-8 cloves

1 star anise

2 bay leaves (fresh or dried)

freshly ground black pepper to taste

1/2 tsp salt or more to taste

4 heads small lettuce or 2 of medium lettuce (400 g/ 14.1 oz)

7. When done, remove from the oven and leave to cool down.

Discard all the spices, orange and vegetables - or eat the softened vegetables if you cannot resist :)

8. Using a fork, separate the meat from the bones and place into a bowl. Pour some of the sauce over it.

9. Fold the shredded meat on top of fresh lettuce leaves and enjoy!

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Instructions

1. Preheat the oven to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional). Season the meat with salt and pepper.
2. Place the oxtail in a preheated large non-stick pan greased with ghee. Briefly brown from all sides.
3. Transfer the oxtail into a baking dish.
4. Peel and halve a large red onion, juice the orange, peel the carrot and halve the garlic head.
5. Place all the spices in a pot, bring to boil and cook for about 5 minutes. When done, take from the heat and set aside.
6. Place all the ingredients from the pot on top of the browned oxtail. Cook for 3-4 hours until the meat is soft (almost falls apart).