

Low-Carb Oxtail Soup

Hands-on 30 minutes Overall 4 hours

Nutritional values (per serving): Total carbs: 10.6 g, Fiber: 3.2 g, **Net carbs: 7.5 g,**

Protein: 32.6 g, Fat: 21.6 g, Calories: 371 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

- 1.6 kg oxtails (3.5 lb) - *this will yield about 50% meat*
- 1/4 cup [ghee](#) (55 g/ 1.9 oz)
- 1-2 sprigs each rosemary and thyme
- 3 bay leaves
- 1/4 tsp ground cloves
- 2 tbsp fresh lemon juice
- 2 - 2 1/2 litres / quarts water *or [bone broth](#) - you can [make your own](#)*
- 1 medium rutabaga, diced (300 g/ 10.6 oz)
- 1 large [tin tomatoes](#), unsweetened (400 g/ 14.1 oz)
- 2 cups green beans, chopped (200 g/ 7.1 oz)
- 2 medium leeks, sliced (180 g/ 6.3 oz)
- 2 medium celery stalks, sliced (80 g/ 2.8 oz)
- salt and pepper to taste (I like [pink Himalayan salt](#))

Instructions

1. Heat a large pot or a [Dutch oven](#) greased with ghee over a medium-high heat. Pat dry the oxtails with a paper towel and sprinkle with salt and pepper. Place the oxtails in the pot and brown on all sides for about 10 minutes. *You can also use a [slow cooker](#). After browning the meat, transfer it into the slow cooker and cook on high for 4 hours and add the vegetables for the 60-90 minutes of the cooking process.*
2. Add the rosemary, thyme, cloves, and bay leaves. You can make a bouquet garni by placing all the herbs in a piece of cheesecloth and tying with an unwaxed kitchen string. This will make it easy to remove once cooked. Add the lemon juice and water (or broth). Bring to a boil and then reduce the heat to low. Cover with a lid and simmer for about 3 hours or until the meat is soft and falls off the bones.
3. After about 3 hours, use kitchen tongs to remove the meat from the

- pot. Let the oxtails cool down on a plate and then shred the meat off. *There's going to be lots of gelatine left on the bones - you can use them for making a batch of [homemade bone broth](#)!*
4. While the meat is cooling down, prepare the vegetables. Peel and dice the rutabaga into about 1-inch pieces. Add it to the pot, cover with the lid and cook for about 10 minutes.
 5. Add the tomatoes, chopped green beans, sliced leeks ...
 6. ... and sliced celery stalks. Cook for another 10-15 minutes or until the rutabaga and green beans are tender.
 7. Add the shredded meat and more water if needed. Season with salt and pepper to taste. Enjoy!

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