

Kare Kare (Oxtail in Peanut Sauce)

from *Mula sa Puso: Heart Healthy Traditional Filipino Recipes* by American Heart Association, Western States Affiliate, San Francisco Division

1 lb. Oxtail (trim all visible fat)
1/2 cup Green beans
1/2 cup Zucchini
1/2 cup Cabbage
1/2 cup Peanut butter
1 1/2 tsps. Olive oil
1/4 cup Rice
2 cloves Garlic, chopped
1 slice Ginger
1/2 cup Onions, sliced

Boil oxtail in a very large pot with water, ginger and onions until very tender, when meat comes off easily from the bones. Takes about an hour or more. Remove all visible fat. Reduce until half the water is gone. Brown rice in a hot pan until golden brown. Remove from heat. Grind and set aside for garnish. Heat oil and sauté garlic and vegetables. Add the oxtail with the reduced liquid. Add peanut butter until sauce thickens. Reduce heat. Sprinkle the browned rice on top before serving.

Serves 4

Single Serving Nutrient Values

Calories 455.5 kc

% calories from fat 57

Protein 32.08 gm

Carbohydrate 17.29 gm

Cholesterol 54.30 mg

Sodium 238.7 mg

Total Fat 29.73 gm

Saturated 4.497 gm

Polyunsaturated 5.065 gm

Monounsaturated 13.98 gm

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