

## NUTRITIONAL KETO BRAISED OXTAILS

Prep Time 30 minutes	Cook Time 6 hours	Total Time 6:30 hours	Servings 4
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Tender fall off the bone delicious...

### Ingredients:

- 2 lbs. Oxtails
- 2 tablespoon Avocado oil
- 2 cups Beef Broth
- 2 tablespoon Coconut Amino
- 1 tablespoon Fish Sauce
- 1 tablespoon Tomato Paste
- 1 teaspoon Onion Powder
- 1 teaspoon Minced Garlic
- 1/2 teaspoon Ground Ginger
- 1/3 cup Butter
- 1 teaspoon Dried Thyme
- Salt and Pepper to Taste
- 1/2 teaspoon Guar Gum

### Directions:

1. In a large pan pour 2 tablespoons Avocado Oil (or oil of choice) and let it get hot and place the oxtails which have been seasoned with salt and pepper and brown for a few minutes on all sides.
2. Once meat is browned remove and place in slow cooker.
3. Using the same pan add the beef broth to the hot pan and mix in the coconut amino, fish sauce, tomato paste, butter and spices.
4. Cook on low for 6 hours.
5. Remove the oxtail from the slow cooker and set aside on paper towels to drain (if you are going to serve them dry).
6. Add 1/2 tsp. Guar Gum to the remaining juices. Use an immersion blender to blend and thicken and create gravy.

*Each serving comes out to be 433 Calories, 29.7g Fats, 1.2g Net Carbs, and 28.3g Protein.*