

# CARIBBEAN OXTAIL & BLACK BEAN BOWL



Experience the deep, savory soul of the islands with melt-in-your-mouth oxtail braised in a rich black bean reduction and served with bright, zesty corn salsa.

## Ingredients:

- Rumba Beef Oxtails: 2–3 lbs. (cut into thick segments)
- Brickman’s Vegetarian Black Bean Soup: 1 qt. (acts as the rich braising base)
- Sandridge Cilantro Lime Rice: 4 cups (prepared and warm)
- Corn Salsa: 5 cups (fresh or chilled)
- Lime Wedge: 1 per bowl
- Plantain Chips: garnish
- Fresh Cilantro: 1/2 cup (roughly chopped for garnish)
- 2 Tbsp. browning sauce
- 1 tsp. allspice
- 1 scotch bonnet pepper (whole)
- 2 sprigs of fresh thyme.

## Instructions:

### 1. Sear the Oxtail

- Pat the oxtails dry and season with salt, pepper, and allspice.
- In a large heavy-bottomed pot or Dutch oven, heat a tablespoon of oil over high heat. Brown the oxtail pieces in batches until a dark, caramelized crust forms on all sides. Remove and set aside.

### 2. The “Soup” Braise

- Drain any excess oil from the pot, leaving about 1 tablespoon. Add the browning sauce and thyme sprigs.
- Pour in the Black Bean Soup. Use a wooden spoon to scrape the bottom of the pot (the “fond”) to release the beefy flavor.
- Nestle the oxtails back into the liquid. Add the whole scotch bonnet pepper on top (do not cut it if you want flavor without extreme heat).

- Cook: Cover and simmer on low for 3 – 3.5 hours (or 45 minutes in a pressure cooker) until the meat is meltingly tender and the soup has reduced into a thick, black bean gravy.

### 3. Assembly

- The Base: Start with a large scoop of Cilantro Lime Rice.
- The Protein: Ladle a generous portion of the oxtail and the thick black bean gravy over one side of the rice.
- The Refresh: Add a large spoonful of Corn Salsa on the other side. The sweetness of the corn balances the richness of the oxtail.
- Top with fresh cilantro and serve with a lime wedge to squeeze over the beef before eating.

Product	Description	Code #	Pack Size
 <b>Sandridge®</b> Cilantro Lime Rice	Elevate your menu with vibrant flavors! Our Cilantro Lime Rice features fluffy long-grain rice, the sun-kissed flavor of lime juice and the aromatic freshness of chopped cilantro.  	674412	4/4 lb.
 <b>Brickman’s®</b> Vegetarian Black Bean Soup	This hearty soup delivers a satisfying blend of protein-rich black beans, tender vegetables, and bold spices. Made with simple, recognizable ingredients, it offers kitchen-ready convenience that bursts with flavor.  	855782	2/8 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

