

Kare Kare

This is a recipe for Kare-kare or ox tripe stew

Prep Time	Cook Time	Total Time
10 mins	2 hrs 30 mins	2 hrs 40 mins

Course: Beef, Main Dish Cuisine: Filipino

Keyword: filipino kare kare, kare kare, kare kare recipe

Servings: 6 people Calories: 934kcal Author: Vanjo Merano



5 from 1 vote

Ingredients

- 3 lbs oxtail cut in 2 inch slices you can also use tripe or beef slices
- 1 piece small banana flower bud sliced
- 1 bundle pechay or bok choy
- 1 bundle [string beans](#) cut into 2 inch slices
- 4 pieces [eggplants](#) sliced
- 1 cup ground peanuts
- 1/2 cup peanut butter
- 1/2 cup [shrimp paste](#)
- 34 Ounces water about 1 Liter
- 1/2 cup annatto seeds soaked in a cup of water
- 1/2 cup toasted ground rice
- 1 tbsp [garlic](#) minced
- 1 piece [onion](#) chopped
- salt and pepper

Instructions

1. In a large pot, bring the water to a boil
2. Put in the oxtail followed by the onions and simmer for 2.5 to 3 hrs or until tender (35 minutes if using a pressure cooker)
3. Once the meat is tender, add the ground peanuts, peanut butter, and coloring (water from the annatto seed mixture) and simmer for 5 to 7 minutes
4. Add the toasted ground rice and simmer for 5 minutes
5. On a separate pan, saute the garlic then add the banana flower, eggplant, and string beans and cook for 5 minutes
6. Transfer the cooked vegetables to the large pot (where the rest of the ingredients are)
7. Add salt and pepper to taste
8. Serve hot with shrimp paste. Enjoy!

Nutrition

Serving: 6g | Calories: 934kcal | Carbohydrates: 24g | Protein: 91g | Fat: 53g | Saturated Fat: 16g |
Cholesterol: 368mg | Sodium: 940mg | Potassium: 444mg | Fiber: 5g | Sugar: 3g | Vitamin C: 4.3mg |
Calcium: 147mg | Iron: 11.5mg