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Rich and Tasty Beef Stew  
RECIPE

## Rich and Tasty Beef Stew



**Cooking time** 90 mins  
**Preparation time** 30 mins  
**Serves** 4

Fall-off-the-bone oxtail and an array of vegetables make for a tasty beef stew. A South African favourite flavoured by the rich and aromatic Royco® Beef Stew with Rosemary Sauce.

### Ingredients

- 500g Oxtail
- 1 Packet Royco® Beef Stew with Rosemary Dry Cook-in Sauce
- 1 chopped onion
- 1 crushed garlic clove
- Fresh rosemary
- 2 roughly chopped carrots
- 3 baby onions, halved
- 30ml olive oil
- 500ml water
- Freshly milled black pepper

### Vegetarian

Replace the beef in this recipe with dry red kidney beans which have been soaked overnight. Add them straight to the pot after browning the vegetables.

### Family Friendly

You can put the pepper on the table instead of in the pot if your little ones are sensitive to spicy food.

### Method

1. Season the oxtail and bake it in the oven to brown.
2. While that's happening, brown the veggies in a cast iron pot.
3. Add the browned oxtail and stir
4. Add water, Royco® Beef Stew and Rosemary Dry Cook-in Sauce and the rest of the

ingredients

5. Let it cook on low heat until the oxtail is tender.
6. Serve with mash.

## Recipe Tags

[Dry Cook In Sauce](#), [Beef](#), [Stew](#)

## Related Recipes



### [One Pot Wonder](#)

Cooking time

60 mins

Preparation time

20 mins



### [Peachy Chicken Casserole](#)

Cooking time

90 mins

Preparation time

15 mins



### [Beef Stew](#)

Cooking time

60 mins

Preparation time

25 mins



### [Hearty Beef Stew](#)

Cooking time

30 mins

Preparation time

30 mins



## **Oxtail Casserole**

Cooking time

120 mins

Preparation time

15 mins



## **Lamb Tray Tagine**

Cooking time

180 mins

Preparation time

20 mins



## **African Style Tripe With Trendy Pap**

Cooking time

150 mins

Preparation time

50 mins



## **Beef Stew with Soft Dumpling**

Cooking time

90 mins

Preparation time

30 mins



## **Quick and Easy Spicy Chicken Stew**

Cooking time

30 mins

Preparation time

20 mins



## **Umleqwa Served With Beans and Pap**

Cooking time

90 mins

Preparation time

25 mins

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