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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