



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.

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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

Products used



Beef Stew with Rosemary Dry Cook-In Sauce

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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](#)

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60 mins

Preparation time

20 mins

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Cooking time

90 mins

Preparation time

15 mins

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[Beef Stew](#)

Cooking time

60 mins

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25 mins

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[Hearty Beef Stew](#)

Cooking time

30 mins

Preparation time

30 mins

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Oxtail Casserole

Cooking time

120 mins

Preparation time

15 mins

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Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

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African Style Tripe With Trendy Pap

Cooking time

150 mins

Preparation time

50 mins

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Beef Stew with Soft Dumpling

Cooking time

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Preparation time

30 mins

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Quick and Easy Spicy Chicken Stew

Cooking time

30 mins

Preparation time

20 mins

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Umleqwa Served With Beans and Pap

Cooking time

90 mins

Preparation time

25 mins

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