



# Beef Oxtail Stew



**Servings:** 4  
**Total Time:** 2 hrs 55 mins  
**Cooking Time:** 2 hrs 45 mins



## INGREDIENTS

1 kg beef oxtails  
2 Tbsp light olive oil or coconut oil  
1 Tbsp butter  
2 onions, peeled, halved & thickly sliced  
1 leek, cleaned and sliced  
1 large carrot, peeled & coarsely grated  
1 tsp rosemary & olive seasoning  
1 tsp green onion seasoning  
1 tsp barbeque spice  
2 tsp finely chopped garlic  
1 tsp finely chopped chillies (optional)  
1 Tbsp tomato paste  
1 tsp paprika paste (or ½ tsp powder)  
400ml water  
3 Tbsp oxtail soup powder or  
Oxtail Soup Mix\*  
salt & freshly ground pepper  
1 Tbsp freshly chopped parsley or thyme



## METHOD

Remove all excess fat from the oxtails. On a high heat, melt the olive oil and butter in a large saucepan, brown the oxtails (especially the fat). Add 1½ onions, leek & grated carrot and sprinkle in the rosemary & olive and green onion seasonings & barbeque spice. Add the garlic, chillies and tomato & paprika pastes while stirring and cook for 1 min. Add the water, bring to a boil, turn the heat down to low and cover. Simmer for 2 to 2½ hrs until the meat is soft while turning the meat occasionally.

Add the remaining ½ onion and simmer for 20 mins. Sprinkle in the oxtail soup powder and simmer uncovered for 10 mins to thicken. Add salt & pepper to taste. Garnish with parsley before serving.



Use Oxtail Soup Mix\* - not commercial soup powder.