



Slow Cooker Oxtail Stew

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This Slow Cooker Oxtail Stew is hearty, mouthwatering and incredibly tender! Yes, Oxtail!! Are you intrigued? Keep reading to see how you can turn this underrated cut of meat in the most delicious beef stew ever.

Course dinner

Cuisine	American
Prep Time	20 minutes
Cook Time	8 hours
Total Time	8 hours 20 minutes
Servings	8 servings
Calories	751kcal
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Equipment

- Slow Cooker
- Measuring Cups
- Knife

Ingredients

- 2 tablespoons (30 ml) olive oil
- Salt and black pepper to taste
- 4 - 5 lb (2 - 2.5 kg) beef oxtail
- 2 medium leeks, sliced (white and light green parts only)
- 1 large onion, chopped
- 6 garlic cloves, minced
- 1 cup (240 ml) red wine
- 14.5 oz (1 can of 411 g) plum tomatoes
- 5 tablespoons (70 g) tomato paste
- 3 cups (720 ml) beef or chicken stock

- 1 tablespoon (15 ml) Worcestershire sauce
- 2 sprigs of fresh thyme
- 2 sprigs of fresh rosemary
- 2 bay leaves (fresh or dried)
- 2 celery ribs, sliced
- 4 medium carrots, peeled and cut into 1/2-inch diagonal slices
- 3 medium potatoes, peeled and diced into 1/2 inch cubes
- 1/4 cup (35 g) all-purpose flour
- 1 cup frozen peas (about 140 g)
- Fresh chopped parsley to garnish (optional)

Instructions

1. In a large skillet, heat the oil over medium-high heat.
2. Season the oxtail with salt and pepper to taste. Sear the oxtail in the hot skillet on each side for 2-3 minutes. Transfer beef to the slow cooker.
3. Add leeks, onion, garlic, red wine, plum tomatoes, tomato paste, stock, Worcestershire sauce, thyme, rosemary, and bay leaves.
4. Cover and cook on low for 4 -6 hours or high for 2 -3 hours, or until the meat falls away from the bone. **Note:** you can also cook overnight on low.
5. Strip the meat from the bones. Discard the bones and remove any excess fat.
6. Add carrots, celery, and potatoes. Cover and cook on high for 3 hours, or until vegetables are fork-tender. Taste and add more salt and pepper if necessary.
7. In a small bowl, whisk together flour and 1/2 cup stew broth until no lumps. Stir in flour mixture into the slow cooker along with the frozen peas. Cover and cook on high heat for an additional 30 minutes, or until thickened.
8. Serve immediately, garnished with parsley, if desired.

Notes

IMPORTANT: I make this recipe in 3 cooking stages because the oxtail is a fatty cut of meat, and I like to remove large pieces of fat and the bones before adding the veggies, so it does not end up

being a big greasy mess. If you don't mind the extra fat, you can cook it all together from the beginning, about 6-8 hours on low. Then add the flour slurry and peas for the last 30 minutes of cooking.

If you decide to make it in stages, like me, you can totally let the oxtail cook (step 5) overnight on low cooking mode. Then finish the stew the next day.

Store: Stew leftovers can be stored in the refrigerator in an airtight container for up to 3 days.

Freeze: The stew can be frozen for up to 3 months. Before serving, defrost the stew in the refrigerator for 24 hours and then reheat on the stovetop over medium-low heat until hot.

If you're making this recipe, please read the whole post content to get lots of tips, tricks, variations, frequently asked questions, and step-by-step photos.

★ Did you make this recipe? Don't forget to give it a star rating below!

Please note that nutritional information is a rough estimate, and it can vary depending on the products used.

Nutrition

Calories: 751kcal | Carbohydrates: 28g | Protein: 76g | Fat: 34g | Saturated Fat: 12g | Cholesterol: 249mg | Sodium: 763mg | Potassium: 908mg | Fiber: 5g | Sugar: 6g | Vitamin A: 5880IU | Vitamin C: 26.8mg | Calcium: 124mg | Iron: 13.5mg