

# Slow Cooker Oxtail Stew

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-oxtail-recipe>

## Ingredients:

- 2 tablespoons olive oil
- salt
- black pepper
- 5 pounds oxtail Rumba Meat, about 3 packages
- 2 leeks medium
- 1 onion chopped
- 6 garlic cloves chopped
- 1 cup red wine
- 400 grams plum tomatoes
- 5 tablespoons tomato paste
- 3 cups beef stock I usually use chicken when making stew
- 1 tablespoon worcestershire sauce
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 2 bay leaves
- 2 sticks celery sliced
- 4 medium carrots sliced
- 3 medium potatoes peeled and chopped
- 1/4 cup all purpose flour
- 1 cup frozen peas
- chopped parsley Fresh, to garnish, optional

## Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 200 milligrams
4. Fat: 80 grams
5. Fiber: 6 grams
6. Protein: 55 grams

7. SaturatedFat: 35 grams
  8. Sodium: 630 milligrams
  9. Sugar: 9 grams
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