

CROCKPOT OXTAIL STEW or SOUP



Preparation time: 10 minutes

Cooking time: Crock Pot - 6+ hours in a Crock Pot on low/medium

It can also be simmered on the stove for 4 hours, but will need stirring every $\frac{1}{2}$ hour to prevent sticking.

Enough for 6-8 people

- 15 - 20 Oxtail joints (They usually come 5 or so to a packet)
- 2 Chopped Onions
- 2 teaspoons Beef Stock Powder, or 2 crushed cubes
- Any amount of Chopped hard veggies (carrots, potato, turnip etc.)
- $\frac{3}{4}$ cup Pearl Barley

Place Oxtails, Onions and Beef Stock into Crock Pot. Ideally, the Veggies and Pearl Barley are best added $\frac{1}{2}$ way through the cooking time, but if you're away all day, then put them in at the same time as the Ox Tails.

Cover with water, turn crock pot to low or medium and forget for the day.

Turn off and let stand for 15 minutes, then skim off the fat and discard.

For a soup, you may have to add some water. For a stew you may have to thicken the juices.

You can jazz it up by adding things like; a couple of Bacon Bones, some diced Kidney, Split Peas, Pastas, Sauces, Spices, Chilli, Cajun or any variety of vegetables.

Serve with fresh or crusty bread rolls, croutons or fresh bread.