



RECIPE | PEPPERS

BRAISED OXTAIL STEW



15 min
PREP.



4



easy

4 hours

225 min
COOKING

INGREDIENTS

- 3 Pure Flavor® Sweet Bell Peppers, chopped
- 1 lb Pure Flavor® Luna® Sweets Cocktail Tomatoes, quartered
- 3 large bay leaves
- 1 yellow onion, finely chopped
- 2 ½ lbs oxtail
- 3 cups beef stock
- 1 cup carrots, peeled & chopped
- 1 cup red wine
- ¼ cup olive oil, divided
- 2 tbsp garlic, finely chopped
- 2 tbsp flat-leaf parsley, finely chopped, for garnish
- Salt & pepper, to taste



DIRECTIONS

- 1 Preheat oven to 325°F.
- 2 In an oven safe pot, heat 2 tablespoons of oil on medium-high heat. Season oxtail with salt and pepper, then sear until browned, about 10 minutes on each side. Remove meat and set aside.
- 3 In the same pot, add remaining oil, onions, carrots, garlic and tomatoes and cook for 10 minutes. Add in bell peppers and cook for 2 minutes. Remove vegetables from pot and set aside.
- 4 Add wine to pot and reduce for 1 minute. Next, add back in the oxtail and vegetables, then add stock, and bay leaves. Bring to a boil, stir, cover, and place in oven.
- 5 Cook for 3 hours, checking every hour to make sure the liquid has not fully reduced.
- 6 To serve, remove bay leaves and season with salt & pepper to taste. Add parsley and serve.

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