



## Braised Beef Short Ribs

### INGREDIENTS

5 lbs beef short ribs, cut into 4–6 inch pieces  
4 tablespoon extra virgin olive oil  
4 teaspoon of Montreal Steak Seasoning  
2 Tablespoons of flour  
2 yellow onion, diced  
8 ounce cremini mushrooms, sliced  
6 cloves garlic, minced

4 tablespoon tomato paste  
3 cup dry red wine  
3 cup beef stock  
4 sprigs fresh thyme  
4 sprigs fresh rosemary  
Fresh parsley, roughly chopped for garnish

### METHOD

Pat short ribs dry with a paper towel, mix seasoning and flour and coat the ribs.

Turn a 6 quart instant pot on sauté add 1 tablespoon of the olive oil, working in batches to avoid overcrowding add short ribs to the instant pot sear all sides until browned and no longer sticking to the surface of the instant pot (about 10 minutes total). Remove short ribs to a plate.

Add the remaining olive oil, onions, and mushrooms, cook for about 5 minutes, stirring occasionally until softened.

Add garlic and cook 1 minute, stirring frequently, until fragrant.

Add tomato paste and cook 1-2 minutes, until darkened, stirring frequently.

Pour in half of the wine and scrape up any browned bits on the bottom of the instant pot.

Pour in remaining wine, beef stock, and add thyme and rosemary springs. Bring to a boil.

Add short ribs back to the instant pot. Make sure they are covered in as much liquid as possible.

Using the manual setting, turn the instant pot on high for 40 minutes. Secure lid and turn vent to sealing.

When the beef is done cooking, the instant pot will automatically switch to warming. Let the beef sit for 15 minutes on warming before quick releasing the valve.\*

Gently remove ribs from instant pot.