

BRAISED BEEF SHORT RIBS

COOK TIME: 2 HOURS 45
MINUTES

SERVINGS: 6



Ingredients:

3 tablespoons of olive oil
1 yellow onion, diced
3 carrots, chopped
8-10 beef short ribs
salt, pepper, garlic powder, to taste
1/4 cup all purpose flour
1 cup dry red wine (Pinot noir or Cabernet Sauvigno)
2 1/2 cups of beef broth
2 tablespoons of tomato paste
2 sprigs of thyme
2 sprigs of fresh rosemary

Directions:

Preheat oven to 350 degrees F.

In a large 5 quart Dutch oven or oven safe pan with a lid, heat one tablespoon of olive oil over medium high heat. Add onion and carrots and cook for a few minutes, until thoroughly cooked through. Remove and add to a plate.

Season ribs and coat in flour on all sides. Add 2 more tablespoons of oil and turn heat to high. Brown ribs on each side. Remove and add to plate.

Add the wine and scrape the bottom of the pan to deglaze. Bring to a boil and cook for 2 minutes. Add beef broth, all seasonings, and tomato paste. Stir to combine. Add the ribs, veggies, thyme and rosemary.

Cover with a lid, place in the oven, and cook at 350 degrees for 2 hours, then reduce heat to 325 and cook for an additional 30 minutes, until tender falling off the bone. Rest for 20 minutes.

