

Hensleigh Healthy Beef Short Ribs

Ingredients:

6lbs Short Ribs	2 Tbs olive oil
1 large onion, finely chopped chopped	2 carrots finely
1 celery stalk finely chopped	12 garlic cloves peeled
2 Tbs flour	2 Tbs Herbs-De- Provence
2 cups Red Zinfandel Wine	2 1/2 cups beef broth
1 (14.5oz) can diced tomatoes w/ juice	1 bay leaf
24 baby carrots peeled or big purple olives	1/2 cup Nicois Olives

Procedures:

Pre-heat oven to 325 °F.
Heat oil, on medium, in a roasting pan.
Add ribs, salt and pepper, brown ribs for 8 minutes. Remove ribs from pan and place in bowl.
In roasting pan, add onions, chopped carrots, and chopped celery.
Cook on medium-low heat until soft.
Add garlic, flour, Herbs-De-Provence. Stir for one minute.
Add wine and 2 cups broth. Bring to a boil.
Add tomatoes and bay leaf.
Return ribs to roasting pan add enough water to cover ribs, bring to a boil.
Bake in oven for 2 hours and 15 minutes.
Add remaining broth, baby carrots and olives
Bake an additional 15 minutes.
Remove bay leaf, serve with mashed potatoes

****Courtesy of Sunset Magazine****