

Wine-Braised Short Ribs

A classic restaurant favorite can be mastered at home! This recipe features fork-tender Short Ribs braised in a flavorful red wine sauce. Serve with polenta or pasta for a hearty meal.

INGREDIENTS

2 pounds beef Short Ribs, cut into 3 x 2-inch pieces
 1 teaspoon olive oil
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 1 medium onion, chopped
 1 can (28 ounces) crushed tomatoes with Italian seasonings
 1 cup dry red wine
 Cooked soft polenta or pasta (optional)
 Salt and pepper



3.00
Hours



6
Servings



42 Cal



36g
Protein

COOKING

1. Heat oil in large stockpot over medium heat until hot. Place beef short ribs in stockpot; brown evenly. Remove from stockpot. Season with 1/2 teaspoon each salt and pepper.
2. Add onion to stockpot; cook and stir 5 to 8 minutes or until onion is tender. Stir in tomatoes and wine. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil. Cook, uncovered, 5 to 7 minutes or until slightly thickened, stirring occasionally. Season with salt and pepper, as desired.
4. Serve short ribs with sauce and polenta or pasta, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		2g	99mg		13g	36g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com