

## 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