

Braised Short Ribs With Red Wine Sauce

Try this bold recipe today. Beef Short Ribs and mushrooms are braised in beef stock and red wine for a deep delicious flavor.

INGREDIENTS

2 pounds beef Chuck Short Ribs, Boneless

1 teaspoon vegetable oil

1-1/4 cups beef broth

1-1/2 cups dry red wine, divided

2 small onions, quartered

4 teaspoons minced garlic

3 fresh thyme sprigs

1-1/2 cups sliced mushrooms

2 tablespoons butter

1/4 cup chopped shallots

1 teaspoon minced fresh thyme

2 teaspoons cornstarch



3.00
Hours



6
Servings



42 Cal



22g
Protein

COOKING

1. Heat oil in large stockpot over medium heat until hot. Brown beef Short Ribs on all sides. Season with salt and pepper as desired. Add broth, 1 cup wine, onions, garlic and thyme to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/2 hours or until beef is fork-tender.

2. Remove Short Ribs from stockpot; keep warm. Strain vegetables and skim fat from cooking liquid. Reserve 3/4 cup cooking liquid for sauce; discard remaining cooking liquid.

3. Melt 1 tablespoon butter in large nonstick skillet over medium heat. Add mushrooms, shallots and minced thyme; cook and stir 5 minutes or until mushrooms are tender. Dissolve cornstarch into remaining 1/2 cup red wine. Add reserved cooking liquid and cornstarch mixture to skillet. Bring to a boil. Reduce heat and simmer 5 minutes; stirring often. Remove skillet from heat; stir in remaining 1 tablespoon butter. Serve sauce over Short Ribs.

4. This recipe can be made in the slow cooker. Add beef, salt and pepper, as desired, broth, 1 cup wine, onions, garlic and thyme to 4-1/2 to 5-1/2 quart slow cooker. Stir to combine. Cook on HIGH 4 to 6 hours, or LOW 8 to 10 hours, or until beef is fork tender. When the beef is done, continue instructions for sauce preparations beginning in step 2.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		16.8g	71mg		7.6g	22g	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