

Slow-Cooker Beef Short Ribs With Ginger-Mango Barbecue Sauce

Combine juicy mango and classic barbecue sauce for an unexpected tangy addition to melt-in-your-mouth slow cooked Boneless Beef Short Ribs.



INGREDIENTS

2 pounds beef Short Ribs Boneless, cut 2 x 2 x 4-inch pieces -

Three pounds bone-in short ribs may be substituted.

1-1/2 cups diced fresh or jarred mango, drained

1 medium onion, chopped

1 tablespoon minced fresh ginger

1 cup hickory-flavored barbecue sauce - Other flavors of barbecue sauce may be substituted for hickory-flavor.

6.25 Hours 6 Servings 42 Cal 22g Protein

COOKING

1. Place beef Short Ribs, mango, onion and ginger in 3-1/2 to 5-1/2-quart slow cooker. Add barbecue sauce. Cover and cook on HIGH 5 to 6 hours or LOW 7-1/2 to 8-1/2 hours or until beef is fork-tender. (No stirring is necessary during cooking.)

2. Remove short ribs, season with salt and pepper, as desired. Skim fat from cooking liquid; serve over short ribs.

3. This recipe can be made in a 6-quart electric pressure cooker. Place beef Short Ribs and onion in pressure cooker; add 1/2 cup beef broth. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Meanwhile, combine 1-1/2 cups mango, ginger and barbecue sauce in medium saucepan. Simmer 20 to 30 minutes until desired thickness is reached. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in Step 2. Serve ribs with prepared sauce. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		13g	66mg		14g	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