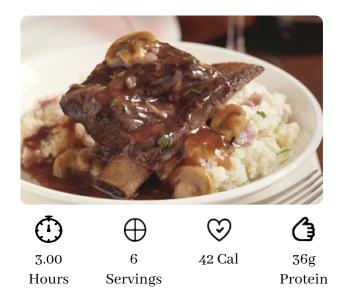


Wine-Braised Short Ribs

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 2 pounds beef Short Ribs, cut into 3 x 2-inch pieces



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- 1 teaspoon olive oil

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1/2 teaspoon salt 1/2 teaspoon black pepper 1 medium onion, chopped 1 medium onion, chopped

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1 can (28 ounces) crushed tomatoes with Italian seasonings 1 can (28 ounces) crushed tomatoes with Italian seasonings

1 cup dry red wine 1 cup dry red wine

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Cooked soft polenta or pasta (optional) Salt and pepper Salt and pepper Salt and pepper

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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.

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140. 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.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	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.

 $Courtesy \ of \ BeefIts Whats For Dinner.com$