

Shopping List

Boneless beef short ribs Olive oil Onions Garlic cloves Dried thyme, rosemary Beef stock Canned diced tomatoes Worcestershire sauce **Orange** Salt and pepper

Ingredients

3 lb (1.5 kg) boneless beef short ribs 2 tbsp (25 mL) olive oil 2 onions, chopped 3 cloves garlic, finely chopped 1 tsp (5 mL) dried rosemary 1 tsp (5 mL) thyme leaves, crumbled 1 tsp (5 mL) salt ½ tsp (2 mL) freshly ground black pepper 1½ cup (375 mL) beef stock (approx.) 1 cup (250 mL) canned diced tomatoes, including juice 2 tbsp (25 mL) Worcestershire sauce

3 strips orange peel (3-inch/8 cm in long)

Instructions

- 1. Pat short ribs dry with paper towels. Heat 1 tbsp (15 mL) of the oil in Dutch oven or large saucepan over medium-high heat; brown short ribs, in batches and adding more oil as needed, until browned on all sides. Transfer to plate.
- 2. Add onions, garlic, rosemary, salt and pepper to pan; cook over medium heat, stirring often, for 5 minutes or until softened.
- 3. Add stock, tomatoes with juice, Worcestershire sauce and orange peel. Return beef and accumulated juices to pan; bring to boil.
- 4. Cover and reduce heat; simmer for 2 hours, adding additional stock to keep beef covered while braising, until beef is fork-tender. Serve with apple slices, sliced cucumber with dip and yogurt.



Braised Beef Short Ribs



These slowly braised beef short ribs in a rich herb-orange flavoured sauce served with lots of creamy mashed potatoes are the quintessence of comfort food.

For convenience and maximum flavour, make this recipe ahead. Refrigerate, covered, for up to 2 days. Skim fat before reheating.

Adapted from: 300 Best Comfort Food Recipes by Johanna Burkhard (2002)

A good source of Iron (16% RDI) and an excellent source of Zinc (62% RDI).

Nutrition Facts per serving				
Amount				
Calories	484			
Protein	24 g			
Fat	40 g			
Carbohydrate	6 g			

notes			

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/braised-beef-short-ribs/