



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 mashed potatoes, polenta or pasta for a hearty meal.

Recipe Time: 3 hours

Makes 6 servings

- 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
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 information per serving: 422 Calories; 18 Calories from fat; 2g Total Fat (8 g Saturated Fat; 9 g Monounsaturated Fat;) 99 mg Cholesterol; 843 mg Sodium; 13 g Total Carbohydrate; 2.9 g Dietary Fiber; 36 g Protein; 5 mg Iron; 3.5 mg NE Niacin; 0.4 mg Vitamin B₆; 3.7 mcg Vitamin B₁₂; 8.4 mg Zinc; 23.7 mcg Selenium. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber.*