

Braised Beef Neck Bones

Yield: 7 min

Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-red-wine-and-pepper-braised-beef-recipe>

Ingredients:

- grapeseed oil for searing, or any other neutral oil
- 4 pounds beef neck bones
- kosher salt to taste
- 1 onion sliced
- 2 cloves garlic smashed
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/2 cup red wine
- 1 cup unsalted beef stock

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 175 milligrams
4. Fat: 39 grams
5. Protein: 50 grams
6. SaturatedFat: 16 grams
7. Sodium: 300 milligrams
8. Sugar: 1 grams
9. TransFat: 2.5 grams

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