

# Slow Cooker Italian Short Ribs

Yield: 5 min  
Total Time: 495 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-short-ribs-recipe-slow-cooker>

## Ingredients:

- 3 pounds short ribs {no-bone}, fat trimmed {you can use bone-in short ribs but you will want to get about 3 1/2 to 4 pounds}
- pepper
- salt
- 2 tablespoons olive oil
- 4 garlic cloves minced
- 1/4 cup sweet onion diced
- 15 ounces diced tomatoes can of
- 15 ounces tomato sauce can of
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 2 bay leaves
- fresh parsley
- freshly grated Parmesan cheese

## Nutrition:

1. Calories: 1240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 215 milligrams
4. Fat: 108 grams
5. Fiber: 5 grams
6. Protein: 44 grams
7. SaturatedFat: 46 grams
8. Sodium: 790 milligrams
9. Sugar: 11 grams

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