

Rustic Italian Braised Boneless Short Ribs

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/maggiano-s-italian-boneless-short-ribs-recipe>

Ingredients:

- 2 cups chopped onions
- 10 garlic cloves sliced thin
- 3 tablespoons tomato paste
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 28 ounces whole peeled tomatoes drained
- 40 ounces boneless beef short ribs
- salt
- pepper
- 1/4 cup chopped fresh basil
- 2 cups water
- 2 cups milk
- 1 cup instant polenta
- 3/4 cup grated Parmesan cheese
- salt
- pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 870 milligrams

9. Sugar: 12 grams

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