

Red Wine Braised Boneless Short Ribs

Yield: 4 min

Total Time: 165 min

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

Ingredients:

- 1 tablespoon olive oil
- 2 pounds boneless short ribs about 4
- 1 medium carrot peeled and diced
- 1 medium onion diced
- 1 tablespoon flour
- 1 tablespoon tomato paste
- 1 1/2 cups dry red wine *see notes
- 1 1/2 cups chicken broth or beef broth
- 5 sprigs flat leaf parsley
- 4 sprigs fresh thyme
- 1 sprig fresh rosemary
- 1 bay leaf
- 10 potatoes mini, halved
- 1 large carrot peeled, halved and cut into 2-inch slices

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 97 grams
3. Fat: 4.5 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. Sodium: 120 milligrams
7. Sugar: 9 grams

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