

# Short Rib Soup

Yield: 4 min

Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/short-rib-italian-soup-recipe>

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 3 1/2 pounds boneless beef short ribs
- kosher salt
- black pepper
- 1/2 cup yellow onion coarsely chopped
- 1 cup celery chopped
- 1 cup carrot chopped
- 4 ounces diced green chiles undrained
- 2 teaspoons chili powder
- 15 ounces white beans Great Northern or pinto beans, rinsed and drained
- 4 cups low sodium beef broth
- 4 1/2 ounces diced tomatoes Mexican-style, undrained
- 1 teaspoon aleppo pepper optional, spicy and smoky

## Nutrition:

1. Calories: 1750 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 300 milligrams
4. Fat: 147 grams
5. Fiber: 9 grams
6. Protein: 68 grams
7. SaturatedFat: 64 grams
8. Sodium: 1140 milligrams
9. Sugar: 5 grams

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