

# Chinese Beef Short Ribs

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 4 1/2 pounds beef short ribs cut in 4"- 6" lengths, usually this is already done by the butcher
- 1 cup bone broth
- 1/3 cup soy sauce
- 2/3 cup coconut amino
- 20 drops monk fruit liquid, or more to taste, for Keto and Low Carb OR 1/3 cup honey for Paleo and GAPS diet, or preferred liquid low...
- 2 tablespoons sesame oil needs to be "toasted"
- 1/4 cup fresh ginger freshly grated or minced
- 10 cloves garlic minced or crushed
- 2 teaspoons Chinese five-spice powder