

# Short Ribs in Tomato Sauce

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/old-recipe-for-swiss-steak-with-tomato-sauce>

## Ingredients:

- 8 whole beef short ribs
- 2 tablespoons olive oil
- salt
- pepper
- 1 tablespoon sugar
- 4 cloves garlic Crushed
- 1 whole onion Medium, Diced
- 1 cup white wine Red Or
- 28 ounces tomatoes Whole
- 14 ounces tomato sauce
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon thyme Ground
- 1 pound fettuccine
- grated Parmesan cheese
- fresh parsley Minced

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 850 milligrams
9. Sugar: 15 grams

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