

Southern Short Ribs

Yield: 8 min

Total Time: 210 min

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

Ingredients:

- 6 pounds bone-in short ribs – trim any excess fat or sliver skin
- salt
- pepper
- 3 cups wine Merlot, I used Rex Goliath brand
- 2 tablespoons butter
- 1 onion large, – cut into fourths
- 4 carrots large, – cut into large rough chunks
- 3 celery stalks large, – cut into large rough chunks
- 1 head garlic cloves removed and smashed – skins removed
- 1/4 cup all-purpose flour
- 1 quart beef broth OK to use chicken broth – I make my own beef broth – so if using store bought – 4 cups
- 1 quart crushed tomatoes drained, I use tomatoes I canned – but it is fine to use store bought – use the 14.5 ounce size can - drained
- 3 sprigs fresh rosemary
- 5 sprigs fresh thyme tie in a bundle with kitchen string with the rosemary
- 2 bay leaves medium
- 1 can tomato paste

Nutrition:

1. Calories: 1540 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 265 milligrams
4. Fat: 126 grams
5. Fiber: 5 grams
6. Protein: 54 grams
7. SaturatedFat: 56 grams
8. Sodium: 980 milligrams
9. Sugar: 5 grams

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