

Tanya's Boneless Short Ribs

Yield: 6 min
Total Time: 80 min

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

Ingredients:

- 4 pounds beef short ribs boneless, trimmed and cut into 2-inch pieces
- 8 ounces tomato sauce
- 1 cup tomato juice
- 1 onion small, finely chopped
- 3 tablespoons cider vinegar
- 2 tablespoons worcestershire sauce
- 1 tablespoon hot sauce
- 1/4 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground black pepper

Nutrition:

1. Calories: 1230 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 230 milligrams
4. Fat: 110 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 49 grams
8. Sodium: 430 milligrams
9. Sugar: 6 grams

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