

# Braised Short Rib

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 2 short ribs
- 8 Equal
- 2 large carrots roughly chopped
- 2 celery stalks roughly chopped
- 3 onions roughly chopped
- 3 tablespoons plain flour
- 1 bottle red wine heavy, Cabernet or Shiraz is best
- 3 3/4 cups beef stock
- 1 tablespoon tomato puree
- 1 bouquet garni homemade
- 1 teaspoon oregano
- 2 rosemary stalks
- 1/2 bulb garlic sliced horizontally

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 130 milligrams
4. Fat: 61 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 27 grams
8. Sodium: 590 milligrams
9. Sugar: 8 grams

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