

Braised Beef Short Ribs

Yield: 4 min
Total Time: 210 min

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

Ingredients:

- 4 pounds beef short ribs
- 3 cups zinfandel
- 1/2 cup sugar
- 3/4 cup diced tomatoes canned
- 2 cups beef broth
- 1 teaspoon garlic minced
- 3 sprigs fresh thyme leaves only
- 2 bay leaves
- 6 teaspoons canola oil
- 1 onion large, diced
- 2 carrots diced
- 2 stalks celery diced
- 2 ounces dried mushrooms preferably porcini

Nutrition:

1. Calories: 2000 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 345 milligrams
4. Fat: 170 grams
5. Fiber: 4 grams
6. Protein: 67 grams
7. SaturatedFat: 73 grams
8. Sodium: 650 milligrams
9. Sugar: 29 grams

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