

DINNER

Barbecued Short-Ribs

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
150 min	30 min	120 min	4	\$2.58	336 kcal



If you have around 2 hours and 30 minutes to spend in the kitchen, Barbecued Short-Ribs might be an awesome gluten free and dairy free recipe to try. One serving contains 358 calories, 32g of protein, and 17g of fat. This recipe serves 4.

Ingredients

☐ 2 tablespoons brown sugar	☐ ¼ cup ketchup
☐ 2 tablespoons fresh lemon juice	☐ 1 tablespoon mustard
☐ ¼ cup minced onions	☐ 0.1 teaspoon salt
☐ 4 servings Salt	☐ 2 pounds short ribs, cut in 2-inch pieces
☐ ¼ cup water	☐ 1 tablespoon Worcestershire sauce

EQUIPMENT Pot, Dutch oven

Method

- 1 Trim the top layer of fat from the short ribs.
- 2 Place several pieces of this fat in a Dutch oven, and cook over medium heat until bottom is lightly coated with fat, and remove the pot from the heat.
- 3 Sprinkle the short ribs with salt, brown them on all sides, and then removing them when they are done.
- 4 Add the onion and slightly saute until lightly browned. Return the short ribs to the pot and add the ketchup, water, lemon juice, sugar, mustard, salt, and Worcestershire sauce. Cover the pot and cook over low heat for 2 hours, or until tender, stirring occasionally.

Nutrition per serving

336

KCAL

32 g

PROTEIN

17 g

FAT

12 g

CARBS

Saturated Fat	7.2 g · 45% of daily needs
Fibre	0.4 g · 2% of daily needs
Sugar	10.1 g · 11% of daily needs
Sodium	610 mg · 27% of daily needs
Cholesterol	97.7 mg · 33% of daily needs
Vitamin C	4.8 mg · 6% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/barbecued-short-ribs-142169