



Beer-Braised Short Ribs

 Dairy Free

READY IN



215 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef short ribs trimmed
- ☐ 24 ounce lager beer
- ☐ 14.5 ounce beef broth divided canned
- ☐ 3 carrots sliced
- ☐ 3 celery stalks sliced
- ☐ 4 servings extra wide egg noodles hot cooked
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 leaf flat parsley fresh chopped

- ☐ 5 garlic cloves sliced
- ☐ 0.8 teaspoon coarsely ground pepper black divided
- ☐ 1 tablespoon olive oil
- ☐ 1 onion red chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons worcestershire sauce

Equipment

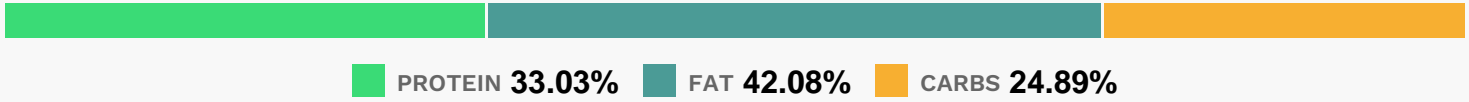
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Sprinkle ribs with 1/4 teaspoon each salt and pepper.
- ☐ Heat oil in a Dutch oven or cast iron casserole over medium-high heat.
- ☐ Add ribs to pan; cook 8 minutes or until browned on all sides.
- ☐ Remove ribs from pan, reserving 1 tablespoon oil in pan.
- ☐ Saute onion, celery, and carrots in hot oil 5 minutes. Stir in garlic and tomato paste; saut 2 minutes.
- ☐ Add beer, Worcestershire sauce, and 1 1/4 cups broth to pan, stirring to loosen particles from bottom of pan. Stir in remaining 1/2 teaspoon each salt and pepper.
- ☐ Return ribs to pan, turning to coat with sauce mixture.
- ☐ Bake, covered, 3 to 3 1/2 hours or until ribs are very tender.
- ☐ Transfer ribs to a serving bowl. Skim fat from pan drippings.

- ☐ Whisk together flour and remaining 1/2 cup broth; stir into pan drippings. Bring to a boil; boil 1 minute or until thickened.
- ☐ Serve ribs with hot cooked egg noodles; top with pan sauce, and sprinkle with parsley.
- ☐ *Have your butcher cut the ribs into 2- to 2 1/2-inch lengths so they easily fit in the pan.

Nutrition Facts



Properties

Glycemic Index:102.58, Glycemic Load:17.15, Inflammation Score:-10, Nutrition Score:36.740869493588%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 718.35kcal (35.92%), Fat: 31.03g (47.74%), Saturated Fat: 11.75g (73.46%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 37.89g (13.78%), Sugar: 5.59g (6.21%), Cholesterol: 171.17mg (57.06%), Sodium: 1200.54mg (52.2%), Alcohol: 6.63g (100%), Alcohol %: 1.18% (100%), Protein: 54.79g (109.58%), Vitamin A: 7827.03IU (156.54%), Vitamin B12: 8.6µg (143.35%), Selenium: 59.98µg (85.69%), Zinc: 12.74mg (84.92%), Vitamin B6: 1.26mg (63.04%), Phosphorus: 619.58mg (61.96%), Vitamin B3: 11.48mg (57.42%), Iron: 7.24mg (40.23%), Potassium: 1388.31mg (39.67%), Vitamin B2: 0.54mg (31.85%), Manganese: 0.59mg (29.29%), Magnesium: 100.12mg (25.03%), Vitamin B1: 0.35mg (23.59%), Copper: 0.36mg (18.13%), Vitamin K: 14.92µg (14.21%), Folate: 55.45µg (13.86%), Fiber: 3.4g (13.61%), Vitamin B5: 1.33mg (13.27%), Vitamin C: 9.19mg (11.14%), Vitamin E: 1.33mg (8.84%), Calcium: 87.16mg (8.72%)