



Braised Chile-Spiced Short Ribs with Black Beans

 Gluten Free  Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chipotles in adobo plus 1 tablespoon adobo sauce canned finely chopped
- ☐ 1.3 ounces ancho chiles dried (3 to 4 medium)
- ☐ 0.3 pound bacon sliced chopped
- ☐ 5 pounds beef short ribs
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 teaspoon cumin seeds
- ☐ 2.3 cups black beans dried

- ☐ 3 garlic cloves coarsely chopped
- ☐ 2 tablespoons blackstrap molasses (not robust or blackstrap)
- ☐ 1 medium onion chopped
- ☐ 6 servings onion; cilantro white red chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1 turkish or
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups boiling-hot water
- ☐ 2.3 cups water cold divided

Equipment

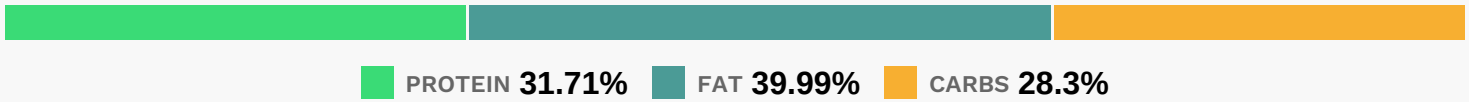
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Put beans in a 4-to 5-quart heavy pot with enough water to cover by 2 inches.
- ☐ Bring to a boil and boil 2 minutes, then remove from heat and let stand, covered, 1 hour.
- ☐ Wipe anchos clean, then stem and seed. Discard ribs and tear anchos into pieces.
- ☐ Soak anchos in boiling-hot water until softened, about 20 minutes.
- ☐ Transfer anchos to a blender, reserving soaking liquid.
- ☐ Purée anchos with onion, garlic, chipotles with sauce, tomato paste, molasses, cumin, cloves, 1/3 cup water, and 1 teaspoon salt.
- ☐ Pat ribs dry and season with 1 1/2 teaspoons salt and 1 teaspoon pepper (total).
- ☐ Heat oil in a wide 6-to 8-quart heavy pot over medium-high heat until it shimmers. Brown ribs in batches, about 6 minutes per batch.
- ☐ Transfer as browned to a platter. Discard fat from pot.
- ☐ Preheat oven to 350°F with rack in middle.

- ☐ Cook bacon in pot over medium heat until browned, then transfer with a slotted spoon to platter.
- ☐ Stir chile purée into fat in pot (it may spatter). Cook, stirring frequently, 6 minutes. Stir in reserved chile-soaking liquid, remaining 2 cups water, and cinnamon stick and bring to a boil. Return ribs and bacon to pot and braise, covered, in oven until ribs are very tender, 3 to 3 1/4 hours. Skim fat from sauce.
- ☐ Drain beans, then return to pot and add fresh water (8 cups), bay leaf, and 1/2 teaspoon salt. Bring to a boil, then reduce heat and simmer, uncovered, until beans are just tender, 1 1/4 to 2 hours (depending on age of beans).
- ☐ Drain just before serving.
- ☐ Serve short ribs with beans.
- ☐ •Short ribs can be made 3 days ahead and chilled (covered once cool).•Beans can be cooked 3 days ahead and chilled (do not drain). Reheat before draining.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:50.080869674683%

Flavonoids

Petunidin: 11.21mg, Petunidin: 11.21mg, Petunidin: 11.21mg, Petunidin: 11.21mg Delphinidin: 13.46mg, Delphinidin: 13.46mg, Delphinidin: 13.46mg, Delphinidin: 13.46mg Malvidin: 7.72mg, Malvidin: 7.72mg, Malvidin: 7.72mg, Malvidin: 7.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.91mg, Quercetin: 14.91mg, Quercetin: 14.91mg, Quercetin: 14.91mg

Nutrients (% of daily need)

Calories: 917.71kcal (45.89%), Fat: 40.71g (62.63%), Saturated Fat: 15.34g (95.89%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 49.92g (18.15%), Sugar: 12.86g (14.29%), Cholesterol: 175.28mg (58.43%), Sodium: 1399.56mg (60.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.63g (145.25%), Vitamin B12: 9.45µg (157.48%), Zinc: 16.38mg (109.22%), Folate: 357.83µg (89.46%), Phosphorus: 851.35mg (85.14%), Vitamin B6: 1.55mg (77.39%), Potassium: 2496.12mg (71.32%), Selenium: 48.33µg (69.05%), Vitamin B1: 1.02mg (67.89%), Vitamin B3: 12.48mg (62.41%), Iron: 11.17mg (62.05%), Manganese: 1.21mg (60.62%), Fiber: 14.9g (59.58%), Magnesium:

223.33mg (55.83%), Copper: 0.94mg (47.14%), Vitamin B2: 0.68mg (40.28%), Vitamin A: 1686.84IU (33.74%),
Vitamin B5: 1.86mg (18.61%), Calcium: 171.92mg (17.19%), Vitamin K: 16.22µg (15.45%), Vitamin C: 9.32mg (11.3%),
Vitamin E: 1.04mg (6.91%)