



Braised Short Ribs in Pasilla Chile Pozole

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef broth
- ☐ 2 pounds beef short ribs cleaned fat removed cut into 2-inch pieces
- ☐ 2 carrots peeled roughly chopped
- ☐ 0.5 bunch celery roughly chopped
- ☐ 6 pasilla chiles dried stemmed seeded
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 2 cloves garlic smashed
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 32 ounce hominy white drained canned
- ☐ 8 servings lime wedges for garnish
- ☐ 1 teaspoon ground mustard seeds
- ☐ 8 servings olive oil for browning
- ☐ 2 cups red wine
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tomatoes quartered
- ☐ 1 cup water hot
- ☐ 1 onion white roughly chopped

Equipment

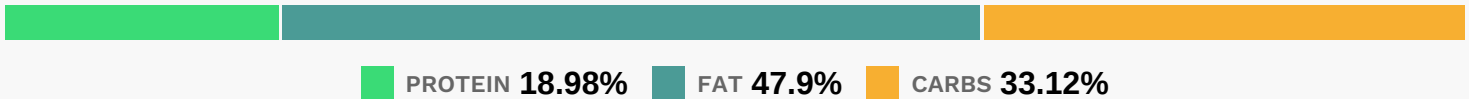
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Place the flour with the coriander, cumin, garlic powder and ground mustard in a shallow dish, and mix well with a wooden spoon. Generously sprinkle the short ribs with salt and pepper, then dredge both sides in the seasoned flour one by one, making sure to shake off any excess flour.
- ☐ In a large Dutch oven over medium heat, add 2 tablespoons oil. When the oil smokes, add the short ribs in batches. Brown the short ribs until a golden crust starts to form, about 5 minutes on each side. Once brown, reserve and continue until all the ribs are brown, adding more oil as needed. Set the ribs aside.

- ☐ While the short ribs are browning, heat a cast-iron skillet over medium-high heat. When the skillet is hot, add the pasilla chiles and toast until they start to smoke, about 4 minutes.
- ☐ Remove the chiles and submerge in the hot water. Allow to steep until they become soft and pliable, about 10 minutes.
- ☐ Remove from the water and puree in a blender with 1/4 cup of the steeping water. Set aside the puree.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Add the carrots, garlic, onions and celery to the Dutch oven. Cook until the vegetables caramelize, about 15 minutes. Deglaze the pot with the red wine, and then add the tomatoes, beef broth, hominy and reserved pasilla chile puree. Bring the whole mixture to a simmer. Start adding all the browned short ribs back into the pan. Cover and cook until the short ribs barely start falling off the bone, about 1 hour 30 minutes.
- ☐ Season with salt, pepper, cilantro and parsley; garnish with a lime wedge and serve.

Nutrition Facts



Properties

Glycemic Index:55.85, Glycemic Load:11.19, Inflammation Score:-10, Nutrition Score:24.346086667932%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 499.98kcal (25%), Fat: 24.26g (37.32%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 32.61g (11.86%), Sugar: 6.48g (7.2%), Cholesterol: 48.84mg (16.28%), Sodium: 803.19mg (34.92%), Alcohol: 6.36g (100%), Alcohol %: 1.6% (100%), Protein: 21.63g (43.25%), Vitamin C: 56mg (67.88%), Vitamin A: 3188.81IU (63.78%), Vitamin B12: 2.87µg (47.82%), Zinc: 5.61mg (37.43%), Selenium: 22.44µg (32.05%), Vitamin B6: 0.63mg (31.61%), Phosphorus: 278.86mg (27.89%), Vitamin B3: 5.44mg (27.22%), Vitamin K: 27.46µg (26.15%), Iron: 4.55mg (25.25%), Manganese: 0.48mg (23.76%), Potassium: 726.66mg (20.76%), Fiber: 5.11g (20.46%), Vitamin B1: 0.27mg (17.96%), Vitamin B2: 0.3mg (17.78%), Vitamin E: 2.62mg (17.49%), Magnesium: 67.35mg (16.84%), Folate: 57.4µg (14.35%), Copper: 0.21mg (10.65%), Vitamin B5: 0.72mg (7.19%), Calcium: 56.44mg (5.64%)