



Braised Short Ribs with Garbanzo Beans and Raisins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small carrots chopped
- ☐ 1 celery stalks chopped
- ☐ 8 pickled cherry peppers whole hot drained
- ☐ 1.5 cups chickpeas dried
- ☐ 3 garlic clove unpeeled
- ☐ 3 cups chicken broth
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 1 small onion chopped
- ☐ 0.5 cup raisins
- ☐ 4 large rosemary leaves fresh
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sherry vinegar
- ☐ 3 inch rib beef ribs
- ☐ 2 tarragon fresh
- ☐ 5 large thyme sprigs fresh
- ☐ 2 tablespoons vegetable oil

Equipment

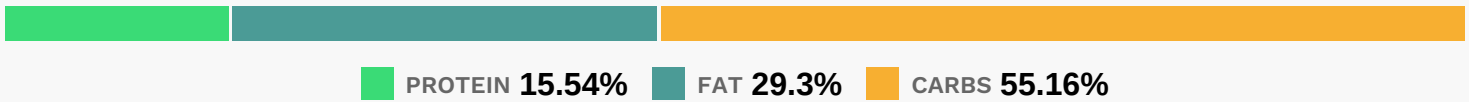
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ oven mitt

Directions

- ☐ Place beans in large saucepan.
- ☐ Add cold water to cover by 2 inches and bring to boil.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Heat oil in same pan over medium-high heat.
- ☐ Add onion, celery, and carrot; sauté until vegetables begin to brown, about 10 minutes.
- ☐ Add rosemary and thyme. Return beans to pan.
- ☐ Add enough cold water to cover by 2 inches and bring to boil. Reduce heat to medium-low. Simmer beans uncovered until almost tender, about 45 minutes.

- ☐ Add 1 teaspoon salt. Continue to simmer until beans are tender, stirring occasionally and adding more water to keep covered if necessary, about 45 minutes longer.
- ☐ Add raisins; season beans with pepper. Cool. (Can be made 1 day ahead. Cover and chill.)
- ☐ Preheat oven to 350°F.
- ☐ Sprinkle short ribs on all sides with salt and pepper.
- ☐ Heat oil in heavy large wide ovenproof pot over medium-high heat.
- ☐ Add short ribs in single layer and brown on all sides, about 12 minutes.
- ☐ Transfer ribs to plate.
- ☐ Add onion, carrot, celery, 2 thyme sprigs, and garlic to pot. Sauté until vegetables brown, about 10 minutes. Return ribs to pot in single layer, meat side down.
- ☐ Add broth, vinegar, tarragon sprigs, and remaining 3 thyme sprigs and bring to simmer (broth will not cover ribs).
- ☐ Bake uncovered until ribs are tender, about 1 hour 45 minutes.
- ☐ Using oven mitts, transfer short ribs to stove top. Tilt pot; spoon off fat from surface.
- ☐ Drain bean-raisin mixture.
- ☐ Add cherry peppers and drained bean-raisin mixture. Simmer until sauce thickens slightly, about 15 minutes. Season with salt and pepper.
- ☐ Transfer to bowl.

Nutrition Facts



Properties

Glycemic Index:82.53, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:29.141304202702%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 489.66kcal (24.48%), Fat: 16.36g (25.17%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 69.28g (23.09%), Net Carbohydrates: 52.44g (19.07%), Sugar: 9.63g (10.69%), Cholesterol: 1.12mg (0.37%), Sodium: 1189.93mg (51.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Folate: 427.56µg (106.89%), Manganese: 1.87mg (93.35%), Fiber: 16.85g (67.38%), Vitamin A: 2253.17IU (45.06%), Copper: 0.82mg (40.89%), Phosphorus: 363.89mg (36.39%), Iron: 6.28mg (34.91%), Potassium: 1083.17mg (30.95%), Vitamin B6: 0.55mg (27.36%), Vitamin B1: 0.4mg (26.87%), Magnesium: 103.65mg (25.91%), Vitamin K: 23.41µg (22.3%), Vitamin B3: 4.09mg (20.43%), Zinc: 3.02mg (20.15%), Vitamin B2: 0.28mg (16.3%), Vitamin B5: 1.29mg (12.9%), Calcium: 119.79mg (11.98%), Vitamin E: 1.77mg (11.77%), Vitamin C: 9.36mg (11.35%), Selenium: 6.98µg (9.97%), Vitamin B12: 0.24µg (4.03%)