



# Braised Short Ribs With Parsnips & Pearl Onions

 Dairy Free

READY IN



440 min.

SERVINGS



6

CALORIES



999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 ounces bacon thick cut (6 slices)
- 3 bay leaves
- 6 lbs beef ribs bone in english trimmed (from the chuck serving if possible as they are meatier)
- 15 ounce canned tomatoes diced drained canned
- 2 large carrots chopped
- 2 rib celery stalks chopped
- 0.3 teaspoon evaporated cane juice (sugar)

- 6 tablespoons parsley fresh chopped
- 1 tablespoon rosemary leaves fresh minced
- 1.5 tablespoons thyme sprigs fresh minced
- 4 tablespoons garlic minced
- 6 servings pepper fresh black
- 4 cups chicken broth low sodium
- 3 large onion chopped
- 4 medium parsnips peeled
- 8 ounces pearl onions frozen thaw (do not )
- 3 cups red wine
- 0.3 teaspoon salt
- 6 servings sea salt
- 1 teaspoon tomato paste
- 0.3 cup flour all-purpose

## Equipment

- bowl
- oven
- roasting pan
- stove
- dutch oven
- baster

## Directions

- Arrange short ribs in a large roasting pan bone side down in a single layer.
- Sprinkle with sea salt & black pepper. Roast on a lower oven rack at 450F for 35 minutes.
- Drain all liquid/fat (turkey baster works well).Continue to roast another 25 minutes or until well browned.

- Transfer ribs to a plate and drain pan liquids into a small bowl and reserve.Reduce oven to 300F.Simmer the wine in the roasting pan on the stovetop over 2 burners, scraping the bottom with a wood spoon to loosen the roasted on bits, simmer 5 minutes.In a large dutch oven over medium high heat, heat 3 tbsp of the reserved fat.
- Add onions, carrots, and celery; saute 10-12 minutes until vegetables soften.
- Add garlic and cook for about 1 minute.
- Add flour and stir to combine, cook about 1 minute.
- Add the wine from the roasting pan, chicken broth, diced tomatoes, herbs, and tomato paste.Season to taste with sea salt & black pepper.Bring to a boil, add short ribs (completely submerge them), return to boil.
- Transfer to oven, bake covered for 2 1/2 hours.
- Remove from oven and cool with the lid cracked for about 2 hours.
- Heat a large dutch oven over medium heat; cook bacon until just crisp; transfer to papertowel lined plate.
- Add the pearl onions, parsnips, sugar and 1/4 tsp salt to the bacon grease and saute on high for 5 minutes or until browned.
- Remove the ribs and braising liquid from the refrigerator.Skim the solidified fat off the top of the liquid and discard.
- Add the liquid to the pearl onions and bring to a simmer.Season with sea salt & black pepper to taste.
- Add ribs to liquid and push below surface.Return to simmer over medium and cook with the lid cracked about 5 minutes until ribs are heated through and parsnips are tender.Stir in the bacon.
- Serve sprinkled with parsley.Note: If you are making this the same day as you plan to serve it, skip cooling the ribs in the braising liquid. Instead take them out straight from the oven, strain the vegetables out of the liquid and let it settle so you can spoon off the fat that rises to the top.

## Nutrition Facts

**PROTEIN 32.85%** **FAT 46.35%** **CARBS 20.8%**

## Properties

Glycemic Index:76.47, Glycemic Load:14.17, Inflammation Score:-10, Nutrition Score:53.217391459838%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 8.84mg, Apigenin: 8.84mg, Apigenin: 8.84mg, Apigenin: 8.84mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 25.33mg, Quercetin: 25.33mg, Quercetin: 25.33mg, Quercetin: 25.33mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

## Nutrients (% of daily need)

Calories: 999.44kcal (49.97%), Fat: 46.59g (71.67%), Saturated Fat: 18.53g (115.84%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 38.09g (13.85%), Sugar: 13.88g (15.42%), Cholesterol: 214.07mg (71.36%), Sodium: 897.83mg (39.04%), Alcohol: 12.72g (100%), Alcohol %: 1.67% (100%), Protein: 74.3g (148.6%), Vitamin B12: 11.52µg (192.07%), Zinc: 17.53mg (116.89%), Vitamin A: 4758.8IU (95.18%), Vitamin B6: 1.8mg (89.76%), Vitamin K: 93.43µg (88.98%), Phosphorus: 878.54mg (87.85%), Selenium: 58.66µg (83.79%), Vitamin B3: 16.42mg (82.09%), Potassium: 2229.66mg (63.7%), Iron: 10.42mg (57.91%), Manganese: 1.15mg (57.58%), Vitamin C: 38.72mg (46.93%), Vitamin B2: 0.76mg (44.69%), Vitamin B1: 0.61mg (40.86%), Magnesium: 144.63mg (36.16%), Fiber: 8.96g (35.84%), Folate: 133.56µg (33.39%), Copper: 0.56mg (27.91%), Vitamin B5: 2.16mg (21.61%), Calcium: 161.76mg (16.18%), Vitamin E: 1.92mg (12.83%)