



Chile-Braised Short Ribs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound carrots peeled cut into 2" pieces
- ☐ 8 pepper flakes dried
- ☐ 0.5 cup flat parsley chopped
- ☐ 4 garlic clove
- ☐ 1 cup olive green pitted (such as Castelvetrano or Cerignola)
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lemon

- ☐ 5 teaspoons kosher salt
- ☐ 4 cups chicken broth low-sodium
- ☐ 1.5 pounds baby potatoes
- ☐ 0.3 cup olive oil
- ☐ 1 large onion thinly sliced
- ☐ 2 tablespoons tomato paste

Equipment

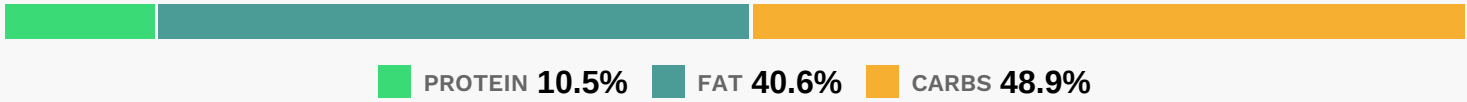
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Toast chiles in a dry large skillet over medium heat until slightly puffed and lightly darkened on both sides, about 2 minutes.
- ☐ Remove from skillet; let cool. Stem chiles and halve lengthwise; discard seeds.
- ☐ Place in a medium bowl and add boiling water to cover.
- ☐ Let chiles stand until soft, about 20 minutes.
- ☐ Drain.
- ☐ Combine chiles, garlic, lemon zest and juice, oil, salt, coriander, and cumin in a blender or food processor; purée until marinade is smooth.

- ☐ Toss short ribs and onion with marinade in a shallow baking dish; cover dish and chill ribs overnight.
- ☐ Preheat oven to 350°F.
- ☐ Transfer onion, short ribs, and marinade to a large heavy pot.
- ☐ Add broth. Bring to a boil on stove-top and cover pot.
- ☐ Transfer to oven and braise ribs for 2 hours.
- ☐ Add potatoes, carrots, and tomato paste (keep meat and vegetables submerged); cover and return to oven. Continue braising until meat is fork-tender and separates easily from the bone and vegetables are soft, 50–60 minutes longer.
- ☐ Transfer short ribs and vegetables to a large rimmed baking sheet. Cover baking sheet with foil. Strain cooking liquid into a large saucepan. Bring to a boil, reduce heat, and simmer, skimming fat from surface occasionally, until sauce is reduced to 4 cups, 8–10 minutes. DO AHEAD: Short ribs, vegetables, and sauce can be made 2 hours ahead. Cover sauce.
- ☐ Let sauce and ribs and vegetables stand at room temperature.
- ☐ Place covered baking sheet with ribs and vegetables in oven until reheated, about 15 minutes. Stir olives and parsley into sauce and rewarm, stirring occasionally, over medium heat.
- ☐ Divide short ribs and vegetables among plates and spoon sauce over.

Nutrition Facts



Properties

Glycemic Index: 39.32, Glycemic Load: 14.54, Inflammation Score: -10, Nutrition Score: 22.074782304142%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 221.56kcal (11.08%), Fat: 10.64g (16.38%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 23.67g (8.61%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 1826.04mg (79.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin A: 7981.34IU (159.63%), Vitamin C: 93.22mg (113%), Vitamin K: 79.9µg (76.09%), Vitamin B6: 0.61mg (30.51%), Potassium: 857.36mg (24.5%), Fiber: 5.18g (20.71%), Vitamin B3: 3.76mg (18.8%), Manganese: 0.36mg (18.22%), Vitamin E: 2.43mg (16.22%), Copper: 0.29mg (14.51%), Phosphorus: 135.61mg (13.56%), Iron: 2.3mg (12.79%), Magnesium: 46.68mg (11.67%), Folate: 43.11µg (10.78%), Vitamin B1: 0.15mg (10.2%), Vitamin B2: 0.15mg (8.62%), Calcium: 64.74mg (6.47%), Vitamin B5: 0.52mg (5.2%), Zinc: 0.75mg (4.97%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.35µg (1.93%)