



Country Beef Short Ribs and Rosemary Polenta

READY IN



210 min.

SERVINGS



6

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 3 pounds beef short ribs boneless
- 29 ounce beef broth canned
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) dry red
- 1 teaspoon thyme leaves dried
- 0.3 cup flour all-purpose
- 2 teaspoons rosemary fresh chopped

- 3 cloves garlic peeled chopped
- 0.3 cup milk
- 1 cup onion coarsely chopped
- 0.5 cup parmesan cheese grated
- 0.8 teaspoon salt
- 1 cup water cold
- 1 cup cornmeal yellow

Equipment

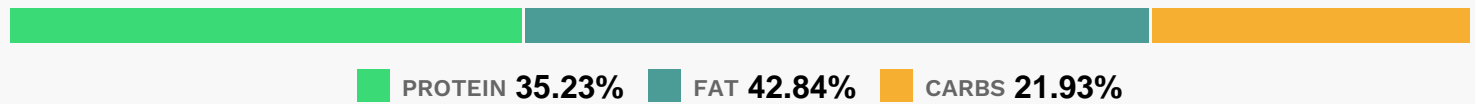
- bowl
- frying pan
- sauce pan
- aluminum foil
- stove

Directions

- Combine flour, salt, and pepper in a shallow bowl. Dip ribs into flour mixture, turning to coat all sides.
- Heat oil over medium-high heat in a 5 to 6-quart pan. Brown ribs, half at a time, in hot oil on all sides.
- Drain off fat.
- Return all ribs to the pan.
- Add broth, wine, onion, garlic, thyme, and bay leaves. Bring to a boil; reduce heat. Simmer, covered, for 3 hours or until beef is tender.
- Transfer ribs and onions to a serving platter and cover with foil. Skim fat from cooking liquid; discard bay leaves. If sauce is too thin, bring to boiling and cook, uncovered, about 10 minutes to thicken.
- Serve short ribs, onions, and sauce with Rosemary Polenta.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes*. Rinse hands once complete.]

- For Rosemary Polenta: Bring water to a boil in a large saucepan.
- Combine cornmeal, cold water, and salt in a small bowl. Slowly add cornmeal mixture to boiling water while stirring constantly. Cook, stirring constantly, until mixture returns to a boil. Reduce heat to low. Cook, uncovered, for 10 minutes or until mixture is very thick, stirring often. Stir in milk, Parmesan cheese, and rosemary.
- Mixture will thicken upon standing.
- Add water as needed to reach desired consistency.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:17.68, Inflammation Score:-6, Nutrition Score:28.102174074753%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 593.8kcal (29.69%), Fat: 27.78g (42.74%), Saturated Fat: 11.76g (73.51%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 28.68g (10.43%), Sugar: 4.63g (5.14%), Cholesterol: 142.28mg (47.43%), Sodium: 1102.58mg (47.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.4g (102.8%), Vitamin B12: 7.95µg (132.53%), Zinc: 12.22mg (81.44%), Phosphorus: 592.38mg (59.24%), Selenium: 41.06µg (58.65%), Vitamin B6: 1.13mg (56.71%), Vitamin B3: 9.96mg (49.8%), Iron: 6.66mg (37%), Potassium: 1072.21mg (30.63%), Vitamin B2: 0.49mg (29.03%), Vitamin B1: 0.38mg (25.07%), Magnesium: 92.09mg (23.02%), Manganese: 0.37mg (18.39%), Copper: 0.27mg (13.55%), Fiber: 3.3g (13.21%), Calcium: 131.34mg (13.13%), Folate: 44.47µg (11.12%), Vitamin B5: 1.05mg (10.51%), Vitamin C: 4.51mg (5.46%), Vitamin K: 4.58µg (4.37%), Vitamin E: 0.42mg (2.82%), Vitamin A: 108.99IU (2.18%), Vitamin D: 0.15µg (1.02%)