



## Red Wine Braised Short Ribs with Smashed Fall Vegetables

 Dairy Free  Very Healthy

READY IN



145 min.

SERVINGS



6

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 pounds beef short ribs cut into serving-sized pieces
- ☐ 4 cups beef stock swanson®
- ☐ 1.5 pounds butternut squash peeled cut into 1-inch pieces ( 4 cups)
- ☐ 3 large carrots cut into 2-inch pieces ( 1 1/2 cups)
- ☐ 2 stalks celery cut into 2-inch pieces ( 1 1/2 cups)
- ☐ 2 cups chicken stock see organic swanson® (Regular or Certified )
- ☐ 1 cup cooking wine dry red

- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 cloves garlic
- ☐ 1 tablespoon olive oil
- ☐ 1 onion spanish cut into quarters
- ☐ 2 cups onions sliced
- ☐ 1 cup parsnips sliced
- ☐ 2 cups sweet potatoes and into diced
- ☐ 0.5 pound turnips cut into quarters ( 1 1/2 cups)

## Equipment

- ☐ sauce pan
- ☐ pot
- ☐ colander

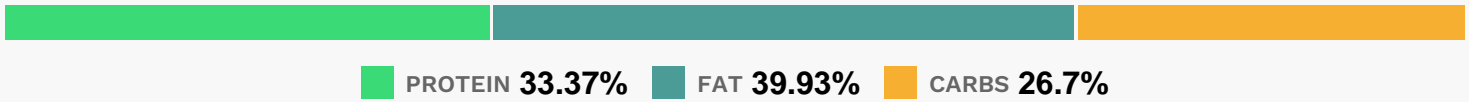
## Directions

- ☐ Coat the ribs with the flour.
- ☐ Heat the oil in an 8-quart saucepot over medium-high heat.
- ☐ Add the ribs in 2 batches and cook until they're well browned on all sides.
- ☐ Remove the ribs from the saucepot.
- ☐ Add the onions to the saucepot and cook for 5 minutes. Stir in the carrots, celery, chopped garlic and rosemary and cook for 3 minutes. Stir in the beef broth and wine. Return the ribs to the saucepot and heat to a boil. Reduce the heat to low. Cover and cook for 1 hour or until the ribs are fork-tender.
- ☐ Heat the vegetable broth, squash, sweet potato, turnips, parsnips, Spanish onion and garlic cloves in a 4-quart saucepan over high heat to a boil. Reduce the heat to low. Cover and cook for 20 minutes or until the vegetables are tender.
- ☐ Drain the vegetables well in a colander, reserving the cooking liquid.
- ☐ Mash the vegetables with 1/2 cup cooking liquid.
- ☐ Add additional cooking liquid, if needed, until the vegetables are the desired consistency.

☐

Serve the vegetables with the ribs.

# Nutrition Facts



## Properties

Glycemic Index:77.64, Glycemic Load:14.29, Inflammation Score:-10, Nutrition Score:45.046956103781%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.6mg, Isorhamnetin: 3.6mg, Isorhamnetin: 3.6mg, Isorhamnetin: 3.6mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 15.16mg, Quercetin: 15.16mg, Quercetin: 15.16mg, Quercetin: 15.16mg

## Nutrients (% of daily need)

Calories: 735.92kcal (36.8%), Fat: 31.32g (48.18%), Saturated Fat: 12.56g (78.51%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 39.03g (14.19%), Sugar: 12.47g (13.86%), Cholesterol: 162.8mg (54.27%), Sodium: 1183.25mg (51.45%), Alcohol: 4.2g (100%), Alcohol %: 0.59% (100%), Protein: 58.89g (117.79%), Vitamin A: 24595.98IU (491.92%), Vitamin B12: 9.47µg (157.77%), Zinc: 14.02mg (93.47%), Vitamin B6: 1.58mg (79.09%), Phosphorus: 675.88mg (67.59%), Vitamin B3: 13.48mg (67.4%), Selenium: 45.37µg (64.81%), Potassium: 2045.57mg (58.44%), Vitamin C: 44.97mg (54.5%), Iron: 8.21mg (45.6%), Manganese: 0.81mg (40.31%), Vitamin B1: 0.56mg (37.52%), Vitamin B2: 0.62mg (36.18%), Magnesium: 139.29mg (34.82%), Fiber: 8.07g (32.28%), Folate: 114.15µg (28.54%), Copper: 0.46mg (23.1%), Vitamin B5: 2.19mg (21.93%), Vitamin E: 2.72mg (18.13%), Vitamin K: 17.47µg (16.64%), Calcium: 157.26mg (15.73%)