



## Stout-Braised Short Ribs

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14 oz beef broth
- ☐ 4 lb beef ribs cut into 4-inch pieces
- ☐ 2 teaspoons pepper black
- ☐ 28 oz tomatoes diced canned
- ☐ 2 cups carrots chopped
- ☐ 1.5 cups celery stalks chopped
- ☐ 1 tablespoon curry powder (preferably Madras)
- ☐ 0.3 cup t brown sugar dark packed

- ☐ 1 teaspoon ground mustard dry
- ☐ 6 servings extra wide egg noodles fresh with chopped parsley
- ☐ 5 large cloves garlic chopped
- ☐ 2 teaspoons ground cumin
- ☐ 2 cups leek white green chopped ( and pale parts only)
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon paprika hot (not )
- ☐ 2 teaspoons salt
- ☐ 24 oz porter
- ☐ 2 turkish bay leaf

## Equipment

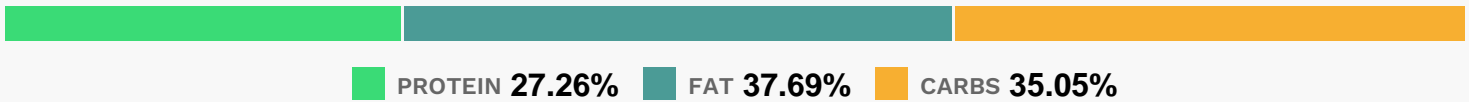
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

## Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 375°F.
- ☐ Stir together brown sugar, paprika, curry powder, cumin, pepper, salt, and mustard in a small bowl until combined.
- ☐ Pat ribs dry and arrange in 1 layer in a shallow baking pan or a shallow dish, then generously coat all sides of ribs with spice mixture. Marinate, uncovered and chilled, 1 hour.
- ☐ Wash leeks in a bowl of cold water, agitating water, then lift out leeks and drain in a colander.
- ☐ Heat oil in pot over high heat until hot but not smoking and quickly brown ribs on all 3 meaty sides (but not bone side) without crowding, in batches if necessary, about 1 minute per side.
- ☐ Transfer meat to a large plate, then add leeks, carrots, celery, and bay leaves to pot and cook over moderately low heat, stirring occasionally, until vegetables begin to soften, about 3 minutes.

- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add broth, beer, and tomatoes with their juice, then add ribs with any juices and remaining spices accumulated on plate and bring liquid to a boil, uncovered. Cover pot and transfer to oven, then braise until meat is very tender, 2 to 2 1/2 hours.
- ☐ Skim off excess fat from surface of sauce. Discard bay leaves.
- ☐ Short ribs improve in flavor if braised 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat, covered, in a 350°F oven until hot, 1 to 1 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:40.31, Glycemic Load:19.76, Inflammation Score:-10, Nutrition Score:43.405652092851%

## Flavonoids

Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 816.05kcal (40.8%), Fat: 33.13g (50.97%), Saturated Fat: 11.39g (71.21%), Carbohydrates: 69.31g (23.1%), Net Carbohydrates: 62.93g (22.88%), Sugar: 16.83g (18.7%), Cholesterol: 177.28mg (59.09%), Sodium: 1426.99mg (62.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.9g (107.79%), Vitamin A: 8524.31IU (170.49%), Vitamin B12: 7.69µg (128.2%), Selenium: 78.42µg (112.04%), Zinc: 12.17mg (81.13%), Vitamin B6: 1.36mg (68%), Phosphorus: 638.02mg (63.8%), Vitamin B3: 11.02mg (55.09%), Manganese: 1.08mg (53.86%), Iron: 9.28mg (51.54%), Potassium: 1552.63mg (44.36%), Vitamin K: 38.43µg (36.6%), Vitamin B2: 0.55mg (32.31%), Magnesium: 124.06mg (31.02%), Vitamin B1: 0.43mg (28.92%), Copper: 0.52mg (25.97%), Fiber: 6.38g (25.53%), Vitamin C: 20.16mg (24.43%), Vitamin E: 3.35mg (22.3%), Folate: 80.63µg (20.16%), Vitamin B5: 1.67mg (16.75%), Calcium: 154.38mg (15.44%), Vitamin D: 0.17µg (1.12%)