

Beef Short Ribs

Lorraine Wallace and Cheryl Cheston, January 2016 Potluck

1/3 cup flour
1 teaspoon salt
1/4 teaspoon pepper
4 lbs boneless beef short ribs
1/4 cup butter (I used oil to brown)
1 cup chopped onion
3/4 cup beef broth
3/4 cup red wine
1/3 cup red wine vinegar
1/3 cup brown sugar
1 T Sriacha
1 1/2 tablespoons catsup
1 1/2 tablespoons Worcestershire sauce
2 tablespoons minced garlic
1/2 teaspoon chili powder

- 1 Put flour, salt and pepper in a bag.
- 2 Add ribs and shake to coat.
- 3 Brown ribs on all sides in butter or oil in a large skillet.
- 4 Put ribs in slow cooker.
- 5 In same skillet, combine remaining ingredients.
- 6 Bring to a boil, stirring.
- 7 Pour over ribs.

Cook on low about 6-8 hours, or 2 hours on High, then 3 hours on Low.

Costco and Whole Foods have boneless ribs.

This recipe originated as an adaption by Cheryl Cheston from a recipe on Food.com.

