

# Beer-Braised Beef Short Ribs

12 Servings

4 pounds beef short ribs  
2 tablespoons olive oil  
1 each onion, chopped  
5 cloves garlic, minced  
1 4 oz. can tomato paste  
3 tablespoons brown sugar  
2 12 oz. bottle stout beer  
2 cups beef stock  
1 1/2 pounds baby carrots  
3 each fresh thyme  
2 each bay leaves  
Lady & Sons House Seasoning

Preheat oven to 300 deg.

If using regular beef ribs, cut into individual ribs. Sprinkle both sides with Lady and Sons House Seasoning. Pour 1T olive oil into Dutch oven over medium-high heat. Brown half the ribs, about 3 minutes per side. Remove and set aside. Repeat with the remaining olive oil and remaining ribs. When browned, remove and set aside.

Add the onions to the hot drippings in the Dutch oven and cook until tender. Add garlic and cook 1 minute, stirring constantly. Add the tomato paste and brown sugar and cook for an additional minute. Stir in beer and beef stock.

Place ribs, meat side down in the liquid. Add the carrots, thyme and bay leaves. Bring to simmer over high heat. place a piece of parchment paper on Dutch oven and place lid on top. Place in pre-heated oven and bake for about 3 hours, until beef is tender and easily pulls away from bones.

Remove from oven and let stand in Dutch oven, covered for 30 minutes. Remove parchment paper. Transfer ribs to serving plate. Spoon carrots around ribs and cover with foil. Skim fat from cooking liquid and discard. Strain remaining mixture into saucepan, discarding solids. Bring to simmer over medium-high heat and whisk while simmering until sauce reduces slightly. Remove from heat and serve remaining sauce with ribs.

## Amount Per Serving

Calories 315      Calories from Fat 119

Percent Total Calories From:

Fat 38%      Protein 40%      Carb. 17%

Nutrient	Amount per Serving	% Daily Value
Total Fat	13 g	20%
Saturated Fat	5 g	23%
Cholesterol	89 mg	30%
Sodium	259 mg	11%
Total Carbohydrate	14 g	5%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	32 g	

Vitamin A 325%      Vitamin C 18%      Calcium 0%      Iron 23%