

Chipotle-Braised Short Ribs

Total Recipe Time: 2-1/4 to 3-1/4 hours

3 pounds beef Short Ribs
1 tablespoon vegetable oil
1/2 teaspoon black pepper
1/4 teaspoon ground black pepper
1 cup diced white onion
1 can (28 ounces) crushed tomatoes
5 medium poblano peppers, roasted, peeled, seeded, cut into 1/4-inch thick strips
1 to 2 chipotle peppers in adobo sauce, finely chopped
Chopped white onion
Chopped fresh cilantro
Lime wedges (optional)



1. Heat oil in large stockpot over medium heat until hot. Brown beef Short Ribs evenly. Remove from stockpot; season with salt and black pepper.
2. Add 1 cup onion to stockpot; cook 3 to 5 minutes or until tender, stirring occasionally.
3. Add tomatoes, chipotle peppers and poblano peppers to stockpot. Return beef to pan; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 2-1/2 hours or until beef is fork-tender.
4. Remove beef; keep warm. Skim fat from cooking liquid.
5. Spoon cooking liquid over beef. Sprinkle with chopped onion and cilantro, as desired. Garnish with lime wedges, if desired.

Makes 4 to 6 servings

Cook's Tip: To roast poblano peppers, arrange seeded pepper halves, skin side up, on large sheet of aluminum foil. Place on broiler rack so surface of peppers is 3 to 4 inches from heat. Broil 12 to 15 minutes or until skin is blackened. Fold aluminum foil over peppers to enclose. Let stand 5 minutes. Remove and discard blackened skins from peppers.

Cook's Tip: Serve over mashed potatoes or rice, if desired.

Nutrition information per serving (1/4 of recipe): 519 calories; 27 g fat (1 g saturated fat; 12 g monounsaturated fat); 119 mg cholesterol; 697 mg sodium; 24 g carbohydrate; 5 g fiber; 44 g protein; 4.7 mg niacin; 0.6 mg vitamin B₆; 4.4 mcg vitamin B₁₂; 7.5 mg iron; 28.8 mcg selenium; 10.2 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving (1/6 of recipe): 346 calories; 18 g fat (7 g saturated fat; 8 g monounsaturated fat); 79 mg cholesterol; 465 mg sodium; 16 g carbohydrate; 3.3 g fiber; 29 g protein; 3.1 mg niacin; 0.4 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 5 mg iron; 19.2 mcg selenium; 6.8 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and niacin.

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