

Slow Cooker Beef Short Ribs with Ginger-Mango Barbecue Sauce

Total Recipe Time: High Setting: 5-1/4 to 6-1/4 hours; Low Setting: 7-3/4 to 8-3/4 hours

2 pounds beef Short Ribs Boneless, cut 2 x 2 x 4-inch pieces
1-1/2 cups diced fresh or drained jarred mango
1 medium onion, chopped
1 tablespoon minced fresh ginger
1 cup hickory-flavored barbecue sauce



1. Place beef short ribs, mango, onion and ginger in 3-1/2 to 5-1/2-quart slow cooker. Add barbecue sauce. Cover and cook on LOW 7-1/2 to 8-1/2 hours, or on HIGH 5 to 6 hours, or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Remove short ribs, season with salt and pepper, as desired. Skim fat from cooking liquid; serve over short ribs.

Makes 4 to 6 servings

Cook's Tip: Three pounds bone-in short ribs may be substituted.

Cook's Tip: Other flavors of barbecue sauce may be substituted for hickory-flavor.

Cook's Tip: Short ribs can be served over mashed sweet potatoes, if desired.

Nutrition information per serving (1/4 of recipe): 390 calories; 19 g fat (8 g saturated fat; 9 g monounsaturated fat); 99 mg cholesterol; 704 mg sodium; 2 g carbohydrate; 1.9 g fiber; 34 g protein; 3.8 mg niacin; 0.4 mg vitamin B₆; 3.7 mcg vitamin B₁₂; 3.8 mg iron; 23.9 mcg selenium; 8.3 mg zinc.

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

Nutrition information per serving (1/6 of recipe): 260 calories; 13 g fat (6 g saturated fat; 6 g monounsaturated fat); 66 mg cholesterol; 470 mg sodium; 14 g carbohydrate; 1.3 g fiber; 22 g protein; 2.5 mg niacin; 0.3 mg vitamin B₆; 2.5 mcg vitamin B₁₂; 2.5 mg iron; 15.9 mcg selenium; 5.6 mg zinc.

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

Recipe Photo Options

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