

## Wine-Braised Short Ribs

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

2 pounds beef Short Ribs, cut into 3 x 2-inch pieces  
1 teaspoon olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 medium onion, chopped  
1 can (28 ounces) crushed tomatoes with Italian seasonings  
1 cup dry red wine  
Cooked soft polenta or pasta (optional)  
Salt and pepper



1. Heat oil in large stockpot over medium heat until hot. Place beef short ribs in stockpot; brown evenly. Remove from stockpot. Season with 1/2 teaspoon each salt and pepper.
2. Add onion to stockpot; cook and stir 5 to 8 minutes or until onion is tender. Stir in tomatoes and wine. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil. Cook, uncovered, 5 to 7 minutes or until slightly thickened, stirring occasionally. Season with salt and pepper, as desired.
4. Serve short ribs with sauce and polenta or pasta, if desired.

**Makes 4 to 6 servings**

**Nutrition information per serving(1/4 of recipe):** 422 calories; 2 g fat (8 g saturated fat; 9 g monounsaturated fat); 99 mg cholesterol; 843 mg sodium; 13 g carbohydrate; 2.9 g fiber; 36 g protein; 3.5 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 3.7 mcg vitamin B<sub>12</sub>; 5 mg iron; 23.7 mcg selenium; 8.4 mg zinc.

This recipe is an excellent source of protein, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber and niacin.

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