



## Braised Italian Short Ribs

**Prep: 20 minutes**

**Roast/Cook: 2 hours 25 minutes Serves: 6**

- 3 pounds beef short ribs
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 can (14 ounces) low sodium beef broth
- 6 garlic cloves, finely chopped (about 2 tablespoons)
- 3 sprigs fresh rosemary, each cut crosswise in half
- 2 bay leaves
- 2½ cups dry red wine
- 1½ pounds new potatoes (about 12 potatoes), each cut in half
- 1 package (8 ounces) white mushrooms, larger mushrooms cut in half
- 4 medium carrots, each cut diagonally into 2-inch pieces (about 2 cups)
- 2 medium celery ribs, each cut into 1½-inch pieces (about 1⅓ cups)
- 1 medium onion, cut in half and sliced (about 1 cup)
- 5 teaspoons all-purpose flour
- 1 tablespoon red wine vinegar

**1.** Preheat oven to 425°. Place short ribs in large roasting pan. Evenly coat ribs with oil, and sprinkle with salt and pepper. Roast 45 minutes.

**2.** Reduce heat to 325°. Add broth, garlic, rosemary, bay leaves and wine to roasting pan. Cover pan tightly with aluminum foil or lid. Roast 45 minutes.

**3.** Add potatoes, mushrooms, carrots, celery and onion to roasting pan. Roast, covered, 45 minutes to 1 hour longer or until short ribs and vegetables are tender.

**4.** Transfer short ribs to large serving platter; keep warm. With slotted spoon, transfer vegetables to medium bowl; keep warm. Remove and discard rosemary sprigs and bay leaves. Place pan with drippings over medium heat; heat to simmering. Skim excess fat from drippings. Whisk in flour and simmer 1 minute. Reduce heat to low, and cook 10 minutes; stir in vinegar. Makes about 2 cups sauce. Serve sauce over short ribs and vegetables.

*Approximate nutritional values per serving: 431 Calories, 13g Fat (27% of total calories), 5g Saturated Fat (10% of total calories), 50mg Cholesterol, 329mg Sodium, 35g Carbohydrates, 5g Fiber, 28g Protein*

*Dietary Exchanges:  
2 Starch; 4 Protein; 2½ Fat*