

Servings: 8

Total Time: 3.5 hrs

Prep Time: 30 min

Cook Time: 3 hrs



## Braised Short Ribs



Asia Johnson

### Directions:

- Preheat oven to 350 degrees.
- Heat 2 tbsp of oil over high heat in a large Dutch oven.
- Season short ribs with salt, pepper, onion powder and garlic powder.
- Brown ribs over medium heat for 6 minutes on each side. Repeat as needed using remaining ribs and oil.
- Add onion, carrots and garlic to the Dutch oven and saute until softened, about 5 minutes.
- Stir in spaghetti sauce and wine to vegetables and cook, about 1 minute.
- Add stock, diced tomatoes, thyme and bay leaf.
- Add browned short ribs and any extra juices into Dutch oven.
- Cover with a heavy lid and braise in oven for 3 hours or until meat is very tender.
- Serve the short ribs over jasmine rice, if desired.

### Ingredients:

- 1/4 cup olive oil
- 6 lbs beef short ribs
- seasoned salt
- black pepper
- onion powder
- garlic powder
- 1 large onion, coarsely chopped
- 15 ounce can sweet carrots
- 4 cloves garlic, chopped
- 1 tbsp spaghetti sauce
- 2 cups dry red wine
- 3 cups chicken stock
- 15 ounce can petite diced tomatoes
- 3 thyme sprigs
- 1 bay leaf

