



## Slow Cooked Grass Fed Beef Short Ribs

### Total Time:

Prep: 30 min.

Cook: 6-1/4 hours

### Ingredients:

3 pounds bone-in beef short ribs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon high-heat cooking oil  
4 medium carrots, cut into 1-inch pieces  
1 cup beef broth  
4 fresh thyme sprigs  
1 bay leaf  
2 large onions, cut into 1/2-inch wedges  
6 garlic cloves, minced  
1 tablespoon tomato paste  
2 cups dry red wine or beef broth  
4 teaspoons cornstarch  
3 tablespoons cold water  
Salt and pepper to taste

### Directions

1. Sprinkle ribs with salt and pepper. In a large skillet, heat oil over medium heat. In batches, brown ribs on all sides; transfer to a 4- or 5-qt. slow cooker. Add carrots, broth, thyme and bay leaf to ribs.
2. Add onions to the same skillet; cook and stir over medium heat 8-9 minutes or until tender. Add garlic and tomato paste; cook and stir 1 minute longer. Stir in wine and/or broth. Bring to a boil; cook 8-10 minutes or until liquid is reduced by half. Add to slow cooker. Cook, covered, on low 6-8 hours or until meat is tender.
3. In a small bowl, mix cornstarch and water until smooth; stir into cooking juices in slow cooker and mix gently. Return to a cook for 10-15 minutes or until thickened. If desired, sprinkle with additional salt and pepper.
4. Serve with mashed potatoes or rice for a hearty, wintertime dinner!
5. Enjoy.