

## Crock Pot Braised Short Ribs

Adapted from Barbara Bianchi / Gluten Free Homestead  
4 servings

### Ingredients:

1 Tbsp. coconut oil  
4 bone-in grass fed beef short ribs (approx. 3-4 lb. total weight)  
2 carrots; chopped small or shredded  
1 celery stalk; chopped  
1 large onion; chopped  
3 cloves garlic; minced  
1½ Tbsp. tomato paste  
1 cup red wine  
1 tsp. thyme  
½ tsp. rosemary  
1½ tsp. kosher salt  
1 bay leaf  
2 cup beef bone broth (Zoup brand preferred)

### Instructions:

Season all sides of short ribs with kosher salt and pepper. Heat a large skillet (preferably cast iron) and melt the coconut oil. Add ribs and sear all sides for about 3 minutes per side. Make sure all sides nice and brown.

Transfer meat to your crock pot. Turn crock pot on low and set aside.

Add onion, celery, carrots and garlic to the skillet, cook and stir for 8 minutes. Add tomato paste and blend, cooking for another minute or two.

Stir in wine and bring to a boil.

Lower heat to medium and simmer to reduce for 7-8 minutes.

Add rosemary, thyme, salt and bay leaf and stir to combine. Finally add in beef stock and heat through.

Remove the vegetable broth mixture from the stove and pour over the short ribs in the crock pot. Cover and cook on LOW for 8 hours. Remove bay leaf before serving.

### Nutrition facts per serving

Calories: 560 kcal - Protein: 23.1 grams - Carbohydrate: 10.4 grams - Fat: 42.2 grams

