

July 25, 2014

RECIPE: Barbeque Short Ribs of Beef

Slow-cooked Beef Ribs in a mild Barbeque Sauce

Servings: 4

- 2 tablespoons oil
- 3 pounds beef short ribs
- 1 onion, medium, chopped fine
- 1/2 cup celery, chopped fine
- 1/4 cup vinegar
- 1 cup ketchup
- 2 tablespoons sugar
- 2 teaspoons salt
- 3 tablespoons Worcestershire sauce
- 1 teaspoon mustard, prepared

Heat oven to 350 degrees.

Heat oil in Dutch oven and brown ribs on all sides. Remove ribs and sauté the onions in the fat left in the pan, until soft. Place ribs back in pan and add the celery, vinegar, ketchup, sugar, salt, Worcestershire, and prepared mustard. Cover and bake in oven for 1-1/2 to 2 hours.

The meat should fall off the bones. Skim off any excess fat and let cool.

Remove bones, leaving just the meat in the sauce. Place in containers and store in the freezer.

Reheating instructions:

Thaw in refrigerator the night before day of consumption. Heat in microwave or on stove top, covered, stirring often to distribute heat evenly.

Serving Suggestions:

French Bread and Fresh Vegetables

