

Short Ribs in Red Wine Sauce



Beef short ribs cooked with lots of onion, garlic, mushrooms, sun~dried tomatoes and red wine

Serves 8

2 onions, cut into wedges	8oz sun~dried tomatoes, sliced
4 garlic cloves, minced	1T dried sage
6 carrots, peeled, cut into 1" pieces	5 pounds beef short ribs
2 parsnips, peeled, cut into 1" pieces	Salt and pepper
1oz dried porcini mushrooms, rinsed	1 bottle dry red wine

In slow cooker, combine onions, garlic, carrots, parsnips, dried mushrooms, sun~dried tomatoes and sage. Season ribs with salt and pepper and place ribs in vegetables. Add wine.

Set slow cooker to high and cook until meat is tender and falling off of the bones, 8~9 hours. Using a large spoon, skim off excess fat and discard.

Prepare Ahead Tip

Cooked ribs can be cooled and frozen, tightly covered. Thaw overnight in refrigerator day before consumption and reheat on stovetop or in microwave until warmed through.