

Hearty Beef Short Ribs

2.5 lbs of short ribs

1 to 2 tbsp coarse (kosher) salt

1 to 2 tbsp ground pepper

2 tbsp olive oil, divided

1 carrots diced 1/4 inch

1 celery stalks diced 1/4 inch

1 large yellow onion, diced 1/4 inch

3 garlic cloves, crushed

3 bay leaves

1/3 cup red wine (or beef stock)

1/2 cup crushed tomatoes

1/3 cup balsamic vinegar

Salt and pepper ribs and drizzle with 1 tbsp olive oil. Heat the other tbsp oil in a large skillet and brown the ribs 2-3 minutes per side. Put ribs into a slow cooker and add carrots, celery, onion, garlic and bay leaves. Combine wine/stock, tomatoes and vinegar in a small bowl and pour mixture into slow cooker. Cover and cook on low 8-9 hours or on high 5.5-6 hours turning once or twice until the meat is tender and falls off the bone. Taste the sauce and add salt and pepper if desired. Remove the ribs and bay leaves and process the sauce in a blender or food processor if desired. Serve with steamed green beans and steamed potatoes. Ladle sauce over meat and potatoes.