



## All for the Beef

**Prep** 20 mins  
**Cook** 1 hr 20 mins  
**Yields** 6 servings

# Braised Beef Short Ribs

## Shopping List



Boneless beef short ribs  
 Olive oil  
 Onions  
 Garlic cloves  
 Dried thyme, rosemary  
 Beef stock  
 Canned diced tomatoes  
 Worcestershire sauce  
 Orange  
 Salt and pepper



### Ingredients

3 lb (1.5 kg) boneless beef short ribs  
 2 tbsp (25 mL) olive oil  
 2 onions, chopped  
 3 cloves garlic, finely chopped  
 1 tsp (5 mL) dried rosemary  
 1 tsp (5 mL) thyme leaves, crumbled  
 1 tsp (5 mL) salt  
 ½ tsp (2 mL) freshly ground black pepper  
 1 ½ cup (375 mL) beef stock (approx.)  
 1 cup (250 mL) canned diced tomatoes, including juice  
 2 tbsp (25 mL) Worcestershire sauce  
 3 strips orange peel (3-inch/8 cm in long)

### Instructions

1. Pat short ribs dry with paper towels. Heat 1 tbsp (15 mL) of the oil in Dutch oven or large saucepan over medium-high heat; brown short ribs, in batches and adding more oil as needed, until browned on all sides. Transfer to plate.
2. Add onions, garlic, rosemary, salt and pepper to pan; cook over medium heat, stirring often, for 5 minutes or until softened.
3. Add stock, tomatoes with juice, Worcestershire sauce and orange peel. Return beef and accumulated juices to pan; bring to boil.
4. Cover and reduce heat; simmer for 2 hours, adding additional stock to keep beef covered while braising, until beef is fork-tender. Serve with apple slices, sliced cucumber with dip and yogurt.

