

SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

Barbecued Beef Short Ribs

- 3 Lbs. beef short ribs, cut into 3-inch long pieces
- 2 Tablespoons olive oil
- Kosher salt & freshly ground black pepper
- 1 Onion, finely chopped
- 3 or 4 Garlic gloves, sliced thinly

Whisk together in bowl:

- 1/3 Cup light brown sugar
- 1 Teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 Cup cider vinegar
- 1 Cup ketchup
- 1 1/2 Cup water
- 1 Teaspoon dry mustard
- 1 Tablespoon Worcestershire sauce

Preheat Oven to 350 Degrees

Season the short ribs with salt and pepper. Heat the olive oil in ovenproof Dutch oven medium-high heat. Add the short ribs and brown on all sides, about 10 minutes total. Transfer meat to a plate. Add the onions to the pot. Stirring occasionally, cook until the onions soften, about 4 minutes. Add garlic, cook about 2 minutes. Add sauce mixture, stirring into onions and garlic. Return the meat to the pot and bring to a simmer. Cover, transfer to the oven and cook 1 1/2 to 2 hours. Lift ribs from pot, remove meat from bone, skim excess fat from sauce. Return meat to pot.

