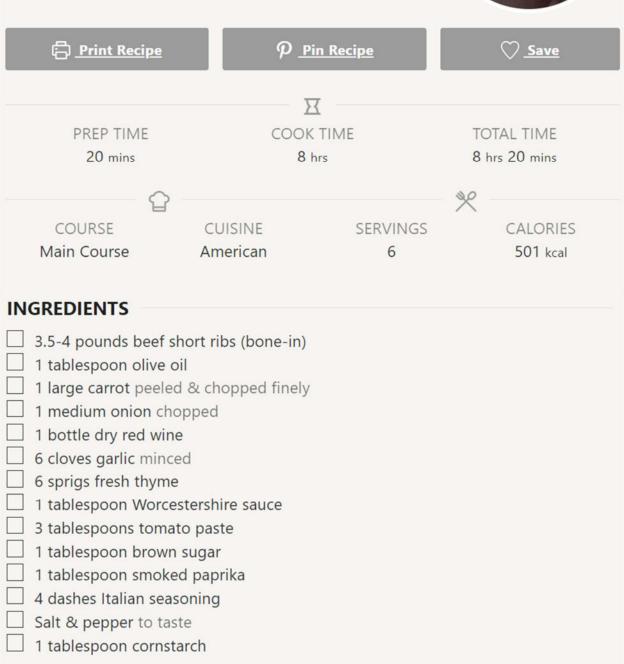
## **Crockpot Red Wine Braised Short Ribs**

My Crockpot red wine braised short ribs are the ultimate







## INSTRUCTIONS

- 1. Add olive oil to a large, heavy skillet over medium heat. Season the short ribs with salt & pepper.
- 2. Once the oil is hot, add the short ribs. You'll likely need to do two batches. Don't crowd the pan. Sear for 3-4 minutes per side.
- 3. Add all the other ingredients to the Crockpot except for the cornstarch. Give it a stir. Add the short ribs in as even of a layer as possible (some will likely stick out and that's ok). Cook on high for 5-6 hours or low for 7-8 hours.
- 4. Once the ribs are done, skim the fat off the surface (I just use a small spoon to do this). Mix the cornstarch with about a tablespoon of cold water until you've got a smooth mixture, then stir it into the Crockpot. Let it sit for about 5 minutes to thicken the sauce up a bit. Add extra salt & pepper as needed. A note on the salt: I prefer not to tell people how much to add since it's subjective, but you'll likely need to add a fair bit (around a teaspoon or more).

## NOTES

- This recipe freezes well.
- Serves 6+
- Nutritional information is provided as a courtesy only and should be construed as an estimate rather than a guarantee. Ingredients can vary and Salt & Lavender makes no guarantees to the accuracy of this information.

## NUTRITION

Calories: 501kcal Carbohydrates: 13g Protein: 38g Fat: 22g

Saturated Fat: 9g Cholesterol: 114mg Sodium: 226mg Potassium: 900mg
Fiber: 2g Sugar: 5g Vitamin A: 2422IU Vitamin C: 6mg

Calcium: 48mg Iron: 5mg