

GARLIC-BRAISED SHORT RIBS

Serves 4 / Prep time: 10 minutes / Cook time: 2 hours, 20 minutes

Garlic infuses these ribs with a complex flavor and adds a plethora of important nutrients, because this allium is the source of about 70 phytochemicals, calcium, selenium, and manganese. Garlic has been used for centuries as a medicinal ingredient for its detoxifying qualities and to lower blood pressure. Including garlic as a regular part of your diet is even thought to cut your risk of getting the common cold.

- 4 (4-ounce) beef short ribs
- Sea salt
- Freshly ground black pepper
- 1 tablespoon olive oil
- 2 teaspoons minced garlic
- 1/2 cup dry red wine
- 3 cups Rich Beef Stock (page 138)

1. Preheat the oven to 325°F.
2. Season the beef ribs on all sides with salt and pepper.
3. Place a deep ovenproof skillet over medium-high heat and add the olive oil. Sear the ribs on all sides until browned, about 6 minutes in total. Transfer the ribs to a plate.
5. Add the garlic to the skillet and sauté until translucent, about 3 minutes. Whisk in the red wine to deglaze the pan. Be sure to scrape all the browned bits from the meat from the bottom of the pan. Simmer the wine until it is slightly reduced, about 2 minutes.
7. Add the beef stock, ribs, and any accumulated juices on the plate back to the skillet and bring the liquid to a boil.
8. Cover the skillet and place it in the oven to braise the ribs until the meat is fall-off-the-bone tender, about 2 hours.
9. Serve the ribs with a spoonful of the cooking liquid drizzled over each serving.

PER SERVING Calories: 481; Fat: 38g; Protein: 29g; Carbs: 5g; Fiber: 3g; Net Carbs: 2g; Fat 70%/Protein 25%/Carbs 5%

KETO QUOTIENT
DAIRY FREE
GLUTEN FREE
NUT FREE

