

SCD Short Ribs

SCD entrée



Ingredients:

4 pounds	Beef short ribs (grass fed)
	Ghee or olive oil
	Simple rub (equal amounts of garlic powder, onion powder, mustard powder, and sea salt)
1 cup	Onion, chopped
4 cloves	Garlic, chopped
1 cup	Broth (beef, chicken, or veggie)
½ tsp	Sea salt
1 Tbsp	Honey
¾ cup	Tomato paste
¼ cup	Parsley, fresh, chopped
4	Carrots, peeled and chopped

Directions:

- 1.) Heat ghee/oil in large skillet over medium heat.
- 2.) Coat each rib with the rub and then lightly brown on all sides. Set aside
- 3.) In a crock pot, line the bottom with onion and garlic. Then add broth, salt, honey and tomato paste. Stir to combine.
- 4.) Place ribs on top of the onion mixture and cover the crock pot.
- 5.) Cook on high for 4 hours.
- 6.) Add parsley and carrots to mixture.
- 7.) Cook 1 – 2 hours more. The meat should be falling off the bone and carrots should be tender.
- 8.) Let cool and skim fat off the top.

Notes / Suggestions:

- 1.) Stores in refrigerator for a few days or in freezer for a month.
- 2.) Serves 4.