

## Braised Short Ribs with Bacon Sautéed Kale Cabbage Blend

**Servings**

6

**Calories**

1030

**Prep Time**

2 hours

**Total Time**

4 hours

**Skill Level**

Medium

### Ingredients

4 pounds beef short ribs, bone-in, cut crosswise into 2-inch pieces

3 tablespoons vegetable oil

3 medium onions, diced

3 carrots, diced

3 celery stalks, diced

3 tablespoons all-purpose flour

1 (750 mL) bottle dry red wine

10 sprigs Italian parsley

8 sprigs thyme

4 sprigs oregano

2 bay leaves

1 head of garlic, halved crosswise

1 ½ teaspoons Worcestershire sauce

1 ½ teaspoons sauce

3 cups low-sodium beef stock



### For Kale Cabbage

2 tablespoons vegetable oil

3 strips bacon, thick-cut, diced

4 large garlic cloves, minced

1 (2 pound) bag Mann's Kale Cabbage Blend

Kosher salt and freshly ground black pepper, to taste



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## The Method

### For the ribs

Preheat oven to 300°F. Season short ribs with salt and pepper. Heat oil in a large Dutch oven over medium-high. Working in two batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate, and pour off all but 3 tablespoons of the fat from the pot.

Add onions, carrots and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and stir constantly for one minute more. Stir in wine and bring it to a boil. Lower the heat to medium until the wine is reduced by half, about 20 minutes.

While the wine is reducing, tie all the fresh herbs together with kitchen string. When the wine is finished, add the ribs and their accumulated juices, the herbs, garlic, Worcestershire sauce and soy sauce. Add the beef stock until the liquid comes about three-quarters to the side of the ribs. Bring the liquid to a boil, cover, and transfer to oven.

Cook until the short ribs are tender, about 3 hours, turning them over about halfway through. Transfer the ribs to a platter and strain the sauce from the pot into a fat separator. Discard fat and reserve sauce.

### For the Kale Cabbage Blend

Heat oil in a large sauté pan over medium-high. Add the bacon and cook, stirring occasionally, until the bacon is crisp, about 5 minutes. Drain the bacon on a paper towel and remove excess fat from the pan as needed. Return the pan to the heat and add the minced garlic. Stir for about 30 seconds, then add the Kale Cabbage Blend. Sauté until the vegetables are slightly wilted but still have their color, about 1 minute more. Stir in the bacon, season to taste with salt and pepper.

### To serve

Divide the sautéed Kale Cabbage Blend between six large, shallow bowls. Place 2-3 short ribs on top and drizzle with the wine sauce. Serve immediately.

### Nutrition Facts

Serving Size: 647g | Servings: 6

### Amount Per Serving

Calories 1030 | Total Fat 61g (sat 20g trans 0g) | Cholesterol 220mg | Sodium 1530mg | Total Carbohydrate 25g | Dietary Fiber 7g | Sugars 6g (Includes 0g Added Sugars) | Protein 78g | Vitamin D 6% | Calcium 15% | Iron 60% | Potassium 30%