

Paulas Barbequed Short Ribs

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2 pounds short ribs, cut into two-inch pieces
salt (to taste)
1/4 cup minced onions
1/2 cup ketchup
1/4 cup mustard
1/4 cup water
2 tablespoons lemon juice
2 tablespoons brown sugar
1/2 teaspoon salt
1 tablespoon Worcestershire sauce

Trim the top layer of fat from the short ribs. Place the fat in a Dutch oven. Cook over medium heat until the bottom is coated with fat. Remove the pot from the heat. Sprinkle the short ribs with salt. Brown on all sides. Remove the pieces as they are done.

Add the onion. Saute' until lightly browned. Return the short ribs to the pot. Add ketchup, water, lemon juice, sugar, mustard, salt and Worcestershire sauce.. Cover the pot. Cook over low heat for two hours or until tender, stirring occasionally.

(You may finish cooking the short ribs in the covered pot in a 300 degree oven until done).

Per Serving (excluding unknown items): 3796 Calories; 332g Fat (79.0% calories from fat); 136g Protein; 63g Carbohydrate; 4g Dietary Fiber; 690mg Cholesterol; 3842mg Sodium. Exchanges: 18 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 54 1/2 Fat; 3 1/2 Other Carbohydrates.