

# Penny Saver Short Ribs

*Florence Hoot*

*Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009*

*3 pounds short ribs  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
3 onions, minced  
1/2 teaspoon dry mustard  
2 tablespoons lemon juice  
2 bay leaves  
1 1/2 cups water  
1/4 cup brown sugar  
1 package frozen lima  
beans  
3 carrots, sliced  
flour (to thicken)*

In a Dutch oven, brown the ribs in a small amount of oil. Pour off the drippings.

Sprinkle the meat with salt and pepper.. Add the onions, dry mustard, lemon juice and bay leaves.

Pour in the water. Add the brown sugar, lima beans and carrots. Cover.

Simmer on low heat for two hours.

Serve over noodles or rice.

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Per Serving (excluding unknown items): 5868 Calories; 495g Fat (76.4% calories from fat); 215g Protein; 130g Carbohydrate; 20g Dietary Fiber; 1035mg Cholesterol; 4061mg Sodium. Exchanges: 3 Grain(Starch); 27 1/2 Lean Meat; 9 1/2 Vegetable; 0 Fruit; 81 1/2 Fat; 2 1/2 Other Carbohydrates.