



*cara price*

## BEEF SHORT RIBS

### INGREDIENTS

- 3-4 pounds boneless or bone in short ribs (6-8 pieces)
- 3 cups beef broth
- 1/4 worcestershire sauce
- 2 tablespoons coconut aminos
- 3 tablespoons ghee or avocado oil
- 4 sprigs fresh rosemary
- 2-3 bay leaves
- 2-1/2 teaspoons salt
- 1-1/2 teaspoons pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano

### DIRECTIONS

combine the salt, pepper, garlic powder, onion powder and dried oregano in a small bowl.

rub the spice mixture over all the sides of the short ribs.

heat the ghee (or oil) over medium-high, in a large flat bottomed skillet & sear the short ribs on both sides, 2-3 minutes.

place the short ribs in a crockpot, then pour the beef broth, worcestershire sauce & coconut aminos into the crockpot. add in the rosemary & bay leaves.

cover & cook on low for 6 hours.