

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

48381 French Bistro Short Ribs

This sensational dish of fall-off-the-bone tender short ribs melts in your mouth.

Just add Beef Ribs, Tomatoes & Broth

Ingredients: Dehydrated Vegetables (Potatoes, Carrots, Onions, Celery, Mushrooms), Minced Garlic, Thyme, Parsley, Herbes de Provence, Black Pepper and Bay Leaf.

Ingredients needed

(5-6 quart slow cooker)

1 14 ½ oz can of low sodium petite diced tomatoes

6 lbs. beef short ribs (on the bone)

4 cups of low sodium beef broth

2 cups of water or low sodium chicken broth

Cooking Instructions

1. Place uncooked short ribs in bottom of slow cooker.
2. Layer contents of potato, vegetable and spice packets over short ribs.
3. Top with diced tomatoes.
4. Slowly pour broth, water and wine (if desired) over ingredients.
5. Cover and cook on high 5½-6½ hours or low 7-8 hours. **Do not lift lid while cooking.**
6. When ready to serve spoon fat from surface of sauce and salt to taste.

Serving Suggestions

Substitute 1-2 cups of your favorite red wine for 1-2 cups of broth. **Do not use cooking wine.**

Add 8 oz of fresh or canned mushrooms.

Puree some of the vegetables and broth.

Before serving add 8 oz of fresh spinach to broth and allow to wilt before serving.

Serve over polenta & garnish with rosemary.

Chocolate Lovers Only: Add 3 tbs shaved bittersweet chocolate and/or 2 tbs unsweetened cocoa powder to the broth before serving.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. (Optional) Brown short ribs in a shallow sauté pan over medium high heat then set aside.
2. In a large 5 to 6 quart baking dish, layer contents of potato, vegetable, and spice packets in bottom of dish.
3. Cover with can of diced tomatoes.
4. Place browned short ribs on top of items in baking dish.
5. Add broth, water and/or wine over all ingredients.
6. Cover and bake on 350° for 3 to 3 and one-half hours.

Nutrition Facts

Serving Size As Packaged .60 oz. (17g)

As Prepared 12.2 oz (346g)

Servings Per Container 9

Amount Per Serving	As Packaged	As Prepared	
Calories	60	290	
Calories from Fat	0	120	
% Daily Value**			
Total Fat 0g*	0%	20%	
Saturated Fat 0g	0%	25%	
Trans Fat 0g			
Cholesterol 0mg	0%	25%	
Sodium 45mg	2%	15%	
Total Carbohydrate 13g	4%	5%	
Dietary Fiber 2g	8%	8%	
Sugars 3g			
Protein 1g			
Vitamin A	70%	70%	
Vitamin C	8%	15%	
Calcium	2%	4%	
Iron	4%	20%	
<small>* Amount in Mix. As prepared, one serving provides 13g total fat (5 saturated fat), 75mg cholesterol, 350mg sodium, 15g carbohydrate (2g fiber, 4g sugar) and 27g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4