



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BISON SHORT RIBS

Time: 3.5 hours (30 minutes active)

Serves: 6

Ingredients:

2 tablespoons grapeseed or other neutral oil
4 ½ pounds bone-in bison short ribs
1 tablespoon kosher salt
1 teaspoon fresh ground black pepper
2 cups dry red wine
28 ounce can diced tomatoes
1 large onion – sliced
5 cloves garlic – chopped
1 bunch fresh rosemary
1 bunch fresh thyme

Preparation:

Preheat the oven to 325F. Place a large Dutch oven on medium-high heat and add the oil.

Dry the short ribs by blotting with paper towel, then season all sides with the salt and pepper. Cook the ribs in batches in the Dutch oven until browned on all sides. Set the ribs aside.

Add the wine, tomatoes, onion and garlic to the Dutch oven, scraping to free any brown bits from the bottom.

Return the short ribs to the Dutch oven, moving the onions to the side so that the ribs are mostly covered in liquid. Put the rosemary and thyme into the Dutch oven, pressing them into the liquid.

Cover the Dutch oven and place in the oven for three hours.

Serve the ribs with the onions and cooking liquid.

Nutritional Information Per Serving:

Calories: 472
Fat: 27g
Carbs: 14g
Fibre: 3g
Protein: 19g