



# Beer-Braised Short Ribs

*from Wild Oats Market*

2½ lbs. beef short ribs

2 cups beef broth

2 onions, peeled, quartered

3 stalks celery, chopped

2 tsp. oregano

1½ cups dark beer

5 cloves garlic, peeled

6 carrots, peeled, chopped

2 tsp. thyme

1 tsp. onion powder

Place short ribs, garlic cloves, onion, carrots and celery into a slow cooker. Combine thyme, oregano and onion powder in a small bowl and sprinkle over the meat and vegetables. Cover with beer and broth.

Cook for 8 hours on low. Serve over mashed potatoes or egg noodles.

