



Alexandra Morris
Geriatric Care Management
and Dementia Consulting

Often when families see concerning changes in their parents they don't know where to turn. Confusion, falls, bills not being paid, car banged up and scams are just some of the issues.

As a Geriatric Care Manager, I can help you navigate the inevitable challenges that come with aging, avoid costly mistakes and help maintain communication, health and dignity for the senior and family.

Free Consultation

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Serving Central Coast, CA

Slow Cooker Balsamic Short Ribs (Super Good)

Ingredients

- 6 bone in beef short ribs (about 3.5 pounds)
- 1 teaspoon salt, divided
- 1 teaspoon pepper
- 2 T extra virgin olive oil, divided
- 1 medium onion, chopped
- 1 tomato, chopped
- 2 cloves garlic, chopped (or 1/2 teaspoon minced)
- 1 t thyme
- ½ C balsamic vinegar
- ¼ C red wine vinegar
- ½ cup beef broth
- 2 T cornstarch
- Parsley for garnish (optional but nice)

Directions:

Sprinkle ribs with salt and pepper. Heat 1 T oil in large skillet over medium high heat. Add the ribs and cook until browned on all sides, about 3 minutes on each side. Transfer to a slow cooker.

Add more oil to the pan and add and stir onion until starting to brown (about 5 minutes). Add tomato, garlic and thyme, cook, stirring for about 1 minute. Add vinegar and cook, scraping up any browned bits, until the liquid is mostly reduced. About 4-5 minutes.

Transfer to slow cooker and add broth. Cover and cook your desired timing. Longer usually means more tender.

Transfer ribs to serving platter. Transfer liquid to medium saucepan and bring to a boil over high heat. Whisk cornstarch and ¼ cup water in small bowl and add to boiling liquid. Cook, whisking, until thickened, about 4 minutes. Taste and add salt or pepper to your preference.

Serve ribs with gravy and sprinkled with parsley. Rice, pasta or potatoes go well with this dish. Enjoy!