



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

801 Collinson Road, Dundas, ON
905-627-4774

Crockpot Beef Short Ribs

3 lb to 3 ½ beef short ribs
2 tbsp flour
1 tsp salt
1/8 tsp pepper
2 tbsp oil
2 medium onions, sliced
1/2 cup dry red white wine
½ cup chili sauce (bottled tomato sauce similar to ketchup)
3 tbsp brown sugar
3 tbsp vinegar
1 tbsp Worcestershire sauce
½ tsp dry mustard
½ tsp chili powder
2 tbsp flour

Coat ribs in mixture of flour, salt and pepper

Put oil in frying pan and add coated ribs to hot oil, brown on all sides

In a crockpot combine ribs, onions, wine, chili sauce, brown sugar, vinegar, Worcestershire sauce, mustard and chili powder

Cover and cook on low for 6 to 8 hours

Turn control to high; thicken with 2 tbsp flour that has been dissolved in a small amount of water

Cover and cook on high for about 10 minutes or until slightly thickened

Serve over wide noodles

Makes 5 to 6 servings

Enjoy!