

Beat The Heat Short Rib Stew

<http://recipesfoodandcooking.com/2014/07/31/beat-heat-short-rib-stew/>

July 31, 2014 by Mary Ellen

Servings: 4



Short Rib Stew full of carrots, potatoes, onions and mushrooms... The short ribs fall apart and melt in your mouth

Ingredients

1½ lbs. short ribs
1 tablespoon oil
salt and pepper
3 - 4 garlic cloves
2 cups beef broth
2 cups chopped onions or baby onions as I used here
3 cups chopped carrots

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

10 - 12 baby potatoes cut in half
12 oz. whole mushrooms
½ teaspoon fresh chopped tarragon or ¼ teaspoon dried
2 tablespoons fresh chopped parsley (optional)
2 heaping tablespoons cornstarch
¼ water

Cooking Method

1. Brown the short ribs in the oil in your Dutch oven. When browned add onions, carrots, garlic, salt and pepper. Add the broth and cover the pan. Cook over medium low heat for 45 minutes.
2. Add the potatoes, mushrooms and herbs. Cover and cook for another 30 minutes or until the vegetables are tender.
3. Mix together the cornstarch and water. Stir into the stew and cook until juices are thickened.