

Sicilian Beef Short Ribs

Total Recipe Time: 2 to 3 hours



- 3 pounds** beef short ribs, cut into 4x2x2-inch pieces
 - 1/4 teaspoon** salt
 - 1/2 teaspoon** pepper
 - 1 cup** diced onion
 - 3 cloves** garlic, minced
 - 1 can (14 to 14-1/2 ounces)** reduced-sodium beef broth
 - 1 cup** grape juice
 - 1 cup** ketchup
 - 2 tablespoons** Worcestershire sauce
 - 2 tablespoons** reduced-sodium soy sauce
 - 1 tablespoon** chopped fresh thyme
 - 2 tablespoons** chopped fresh Italian flat-leaf parsley (optional)
- Pasta:**
- 1 package (12 ounces)** extra-wide egg noodles
 - 1 teaspoon** salt
 - 1 can (14-1/2 ounces)** Italian-style stewed tomatoes, undrained
 - 1 tablespoon** chopped fresh thyme

1. Heat stockpot over medium heat until hot. Brown beef short ribs, in batches if necessary, on all sides. Pour off drippings. Season beef with 1/4 teaspoon salt and pepper.
2. Return beef to stockpot. Add onion and garlic. Combine broth, juice, ketchup, Worcestershire sauce and soy sauce in medium bowl. Pour over beef; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 2-1/2 hours or until beef is fork-tender.
3. Meanwhile, prepare Pasta. Cook noodles in boiling water with 1 teaspoon salt according to package directions; drain. Return noodles to pan; stir in tomatoes and thyme. Cover; keep warm over low heat.
4. Remove beef; discard any loose bones. Skim fat from cooking liquid; stir in thyme. Bring to a boil; reduce heat to medium-high. Cook 15 to 20 minutes or until sauce is reduced and thickened.
5. Place noodle mixture on serving platter; top with beef. Spoon sauce over beef and noodles. Garnish with parsley, if desired.

Makes 6 servings



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