

Sunday Gravy

Finding a delicious recipe for short ribs is a common problem for many of our beef customers, so Nana is making an effort to get some recipes posted. Like the traditional Sunday gravy that was a meal to bring the whole family together after Sunday mass, we use this meal to feed 'the whole bunch.' Nana's uses Italian sausage and bone-in beef short ribs for depth of flavor. She does like to slightly precook her short ribs, because she likes to separate the fat and bone from the meat before placing it in the slow cooker with the other ingredients. Many people add the short ribs to the slow cooker raw. Use your favorite meats, and invite 'a bunch' of hungry friends.

Ingredients

salt
pepper
2 pounds short ribs
2 tablespoons olive oil
1 ½ pounds Italian sausage
2 tablespoons tomato paste
½ cup water
2 tablespoons Italian seasoning
6 cloves garlic, minced
6 sun-dried tomatoes
2 - 28-ounce cans crushed tomatoes
1 large onion, chopped
1 bay leaf
1 tablespoon salt
pepper
1 pound ziti



Instructions

- ❖ Salt and pepper the short ribs. Place in a pressure cooker, electric or stovetop.
- ❖ Cover with water, then pressure for 15 minutes with a quick release.
- ❖ Remove short ribs from broth and cool. The ribs will be cooked through, but not tender until cooking in the slow cooker.
- ❖ Once cool to the touch, remove meat from the bone and fat.
- ❖ Cut meat into 1-inch cubes.
- ❖ Using your skillet, heat sausage in the oil on medium-high heat until brown. Remove sausage from the skillet.
- ❖ Add tomato paste and cook until dark red (about 1 minute). Add water and bring to a boil while stirring and scraping the sides.
- ❖ Add sausage and tomato sauce mixture to a slow cooker, then add the short ribs, Italian seasoning, garlic, tomatoes (sun-dried & crushed), onions, bay leaf, salt, and pepper.
- ❖ Heat on low until the beef is tender and falling off the bone (about 6-8 hours).
- ❖ Cook and drain the pasta.
- ❖ Slice your sausage.
- ❖ Toss all ingredients to coat the pasta and meat in the red sauce.


Nana's Kitchen
Made With Love and Purpose

"O taste and see that the LORD is good: blessed is the man that trusteth in him."

Psalm 34:8