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Insane Oven Beef Ribs

★★★★☆

The most unbelievable, easy to make beef ribs ever, man.

By MELISSACK

Prep: 10 mins

Cook: 50 mins

Total: 1 hr

Servings: 3

Yield: 3 servings



Ingredients

2 pounds beef short ribs

1/3 cup soy sauce

3/4 cup red wine

1/2 cup olive oil

2 tablespoons all-purpose flour

1/4 cup brown sugar

4 cloves garlic, minced

1 pinch curry powder

Directions

Step 1

Place the ribs in a large pot, and fill with enough water to cover. Bring to a boil, and cook until the meat is no longer pink, about 20 minutes.

Step 2

Meanwhile, preheat the oven to 425 degrees F (220 degrees C). In a medium bowl, stir together the soy sauce, red wine, olive oil, flour, brown sugar, garlic and curry powder.

Step 3

Drain the ribs, and coat generously with the sauce. Arrange them on a baking sheet.

Step 4

Roast for about 30 minutes in the preheated oven, or until fork tender. Pour the remainder of the sauce over the ribs about halfway through.

Nutrition Facts

Per Serving: 1077 calories; protein 31.1g; carbohydrates 21g; fat 91.5g; cholesterol 124.1mg; sodium 1676.8mg.

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