



Slow cooked beef short ribs

4lbs short ribs
4 celery stalks chopped
4 carrots chopped
1/2 chopped onions chopped
1 cup of flour heavenly seasoned
2 Tablespoons vegetable oil
28oz can of italian tomatoes
1 cup beef broth
1/4 cup white wine

Preheat oven to 350. Roll the short ribs in the seasoned flour mixture. Heat vegetable oil in a skillet and brown short ribs 2-3 minutes per side. Place short ribs in a baking dish and pour the rest of the ingredients over top of them. Cover and bake at 325 for three hours. Let set for ten minutes when done and serve like a stew.