



RECIPES & INSPIRATION



SLOW FOODS FAST: Braised Short Ribs with Oregon Bean Medley

Yield: serves 1

Ingredients

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| 1 serving | #610648 Braised Short Ribs
(4-bone servings, each pouch yields 6 servings) |
| 4 oz | #609938 Vegetable Oregon Bean Medley |

Average time needed to make braised short ribs is 2 ½ – 3 hours, with 34% loss after cooking. National Food Group products will make this dish in 30 minutes, with 100% yield and consistency.

Preparation

- 1) Short ribs are boiled in bag for 20-30 minutes. Finish in oven at 350°F for 5 minutes.
- 2) Steam or saute bean medley for 5 minutes.