



Instant Pot Classic Beef Short Ribs

Active Time: 15 minutes | **Total Time:** 1.5 hours | **Serves:** 8

Nutrition Information Per Serving

573.8 calories, 2.42 g carbohydrate, 0.11 g fiber, 2.31 g NET carbs, 21.17 g protein, 52.56 g fat

Ingredients

- 2 Tbsp(s) Thrive Market Coconut Aminos
- 1 Tbsp Red Boat Fish Sauce
- 40 ounce(s) grass-fed beef short ribs
- 1 tsp sea salt
- 1 tsp black pepper
- 1 Tbsp coconut oil
- 1 cup beef broth
- 6 clove(s) garlic, minced
- 1 stalk onion, sliced

Preparation

1. Season the short ribs with sea salt and black pepper on both sides.
2. Set the Instant Pot to Saute. Add the oil.
3. Once oil is hot, add the short ribs in a single layer. Sear for 5 minutes per side, until browned. Do not crowd the pot. Transfer seared ribs to a plate.
4. Add the onion, carrot, and celery and to the Instant Pot. Saute for about 3 minutes, until fragrant. Add the garlic and saute another minute.
5. Add the broth, fish sauce and coconut aminos to the Instant Pot. Use a wooden spoon to deglaze the pan, scraping any browned bits from the bottom of the pan.
6. Return the short ribs back to the Instant Pot in a single layer. Add the bay leaves. Close and lock the lid. Set pressure to HIGH and time to 50 minutes.
7. When the time is up, allow the pressure to release naturally for 10 minutes.

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