Sunday Sauce with Short Ribs

¼ cup olive oil

4- short ribs

Salt and pepper

¼ cup flour

½ onion, finely diced

1 carrot, finely diced

1 celery, finely diced

3 cloves of garlic, minced

2 tbsp. tomato paste

2 (14 oz.) cans of tomatoes, crushed by hand or through a food mill/immersion blender

2-cup beef broth

1 cup red wine

1. Salt the short ribs and dust with flour.
2. Heat the oil in a Dutch oven or a medium, heavy sauce pan, brown the short ribs on each side. Remove the short ribs from pan and set aside.
3. Reduce the heat slightly then add the carrot, celery, onion and garlic. Sauté for 2 minutes then add the tomato paste, stirring it into the mixture.
4. Add the tomatoes, broth and wine. Return the ribs to the pot. Season with Salt and stir. Bring this up to a boil, reduce the heat to a low simmer, cover and cook for 1-1 ½ hours, stirring often.
5. Increase the heat slightly, remove the lid and cook for another hour
6. Remove the short ribs, cut the meat off the bone, discard the bone and slice up the meat.
7. Return the meat to the pot and cook for another 30-45 minutes on low.
8. Add your favorite, cooked pasta to the pot, toss to coat, top with shaved Parm and enjoy.

