

Fig and Ribs

Slow Cooker Short Ribs

Ingredients

2 pounds of grass fed short ribs (bone in is best)
1 15 oz can organic tomato sauce
½ cup of GMO free Balsamic Vinegar
½ cup of Beef Bone Broth
5 cloves of garlic (smashed or pressed)
4 dates or figs
1 sliced onion
1 cup of sliced celery
1 cup of sliced carrots
1 cup of collards (optional to sauté for topping at the end)
1-2 Tbsp coconut oil

Rib Rub:

2 Tbsp of sea salt
1 Tbsp paprika
1 Tbsp onion powder
1 Tbsp garlic powder
1/2 Tsp thyme*
½ Tsp oregano*
½ Tsp basil*

*Can use 1 Tbsp rosemary instead of thyme, oregano, basil



Directions

1. Stir together all of the ingredients for the spice rub in a small bowl.
2. Pat the short ribs dry with a paper towel.
3. Rub generously with the spice mixture on both sides.
4. Melt the coconut oil in a large skillet over medium-high heat.
5. Sear the short ribs for 2-3 minutes per side.
6. Place ribs into the slow cooker.
7. Add all remaining ingredients to the slow cooker with the short ribs except collards.
8. Cover and cook on low heat for 5-6 hours until the beef is tender.
9. Prior to serving, sauté collard greens in 1 tbsp of coconut oil until bright green.

Serve warm over cauliflower rice with collards on the side.