



## Balsamic-Braised Short Ribs with Horseradish Mashed Potatoes

### Ingredients

Ribs:	1/3 C brown sugar
4 lbs boneless beef short ribs	2 C chopped plum tomato
1 t salt, divided	Potatoes:
1 t pepper, divided	2 1/2 lbs potatoes
2 C chopped red onion	3/4 C warm soy milk
12 cloves chopped garlic	2 T fat-free sour cream
2 C beef broth (low sodium)	1 1/2 T prepared horseradish
1 C dry red wine	1 t salt
3/4 C balsamic vinegar	1/2 t black pepper

Episode 7

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**THE H WORD**

Heat large Dutch oven, add small amount of olive oil. Sprinkle ribs with 1/2 teaspoon salt and 1/2 teaspoon pepper. Brown ribs on all sides. Remove from pan. Add onion to pan; sauté. Add garlic; sauté 1 minute. Return ribs to pan. Add broth, wine, vinegar, sugar, and tomato; bring to a simmer. Cover and bake at 300° for 1 1/2 hours or until tender. Stir in 1/2 teaspoon salt and 1/2 teaspoon pepper.

Boil potatoes. Drain. Combine potatoes, milk, and remaining ingredients in a large bowl. Mash potato mixture with a potato masher. Serve with ribs and cooking liquid.



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