Asian Sweet &Amp; Spicy Ribs

The right balance of sweet and spicy, these Asian beef ribs, using Country Style Ribs, garlic sauce, ginger and honey, will be sure to take your taste buds on a journey.

2.75	4	42 Cal	25g
Hours	Servings		Protein

INGREDIENTS

1-1/2 to 2 pounds beef Country Style Ribs

1 cup mirin

1/2 cup sweet chili garlic sauce

1/2 cup water

1/4 cup agave nectar or honey

1/4 cup light brown sugar

1 teaspoon minced fresh ginger

1 tablespoon fresh lime juice

1 tablespoon reduced-sodium soy sauce

Hot cooked rice (optional)

COOKING

1. Preheat oven to 325°F. Combine mirin, sweet chili garlic sauce, water, agave nectar, brown sugar and ginger in stockpot over medium heat stirring occasionally until sugar dissolves. Place beef ribs in stockpot; bring to a boil. Reduce heat; cover tightly. Continue cooking in 325°F oven 1-3/4 to 2 hours or until beef is fork-tender.

2. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil; reduce heat and cook 12 to 15 minutes or until sauce is reduced by half. Stir in lime juice and soy sauce. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally.

3. Serve ribs with rice and remaining sauce, if desired.

4. To cook in a slow cooker, combine mirin, sweet chili garlic sauce, agave nectar, brown sugar and ginger in 4-1/2 to 5-1/2 quart slow cooker, stirring until sugar dissolves. Place beef ribs in slow cooker. Cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is fork tender. (No stirring is necessary during cooking.) Remove beef; keep warm. Skim fat from cooking liquid. Transfer cooking liquid to a sauce pan and bring to a boil; reduce heat and cook 12 to 15 minutes or until sauce is reduced by half. Stir in lime juice and soy sauce. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve ribs with rice and remaining sauce, if desired.

5. Recipe can be made in a 6-quart electric pressure cooker. Place beef ribs in pressure cooker. Add 1/2 cup water. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Meanwhile, combine mirin, chili garlic sauce, agave nectar, brown sugar, ginger, lime juice and soy sauce in large saucepan. Simmer 20 minutes. Use quick release to release pressure; carefully remove lid. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve ribs with rice and remaining sauce, if desired. (This recipe variation was tested in an electric

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pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		10g	81mg		55g	25g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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