

Asian Slow Cooker Short Ribs

INGREDIENTS - Serves 6 people

- 2 1/2 pounds Certified Angus Beef ® boneless chuck short ribs
- 1/4 cup canola or vegetable oil
- 3 tablespoons Chinese five spice
- 1 large onion, diced
- 1 (12-ounce) bottle lager beer
- 1/4 cup soy sauce
- 1 head bok choy, chopped



INSTRUCTIONS

- 1) Season short ribs with five spice. Heat oil in frying pan over medium-high heat. Sear 2-3 minutes on at least two sides until brown; remove from pan and put in slow cooker.
- 2) Add onion, beer and soy sauce to frying pan, stirring browned bits up from bottom. Transfer to slow cooker, cover and cook on low for 8 hours until beef is tender.
- 3) Skim excess fat, stir in bok choy, cover and turn off slow cooker. Rest 20 minutes before serving.