

Beef Short Ribs in Vegetable Gravy

3 lbs beef short ribs	1 red bell pepper, diced
1-½ tsp salt	1 jalapeño, diced
¼ tsp pepper	4 celery stalks, diced
½ cup water	Gravy
¼ cup grated onion	2 cups hot water
2 large carrots, diced	3 tbsp flour + 3 tbsp water

Brown the ribs in a small amount of fat in a skillet or Dutch oven. Reserve the drippings. Season the ribs with salt and pepper, add ½ cup water and onion. Cover. Cook over low heat for 90 minutes. Add carrots, peppers, and celery and cook another 30 minutes or until beef is tender. Remove ribs to heated platter.

Add 2 cups hot water to vegetables and bring to a boil, scraping to free brown bits. Stir the flour paste in and cook until thickened. Pour over ribs.

Adapted from the *Southern Living Creole Cookbook* (1972).