



# Short Ribs Braised in Borscht

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## Ingredients

4 cups sliced cabbage

4 cups tomato juice

1 small onion sliced

1/4 cup sugar

1/4 cup fresh lemon juice

Salt and pepper

2 pounds of beef short ribs

1/4 cup flour, salt, and pepper

2 Tablespoons of oil

## Instructions

In a Dutch oven, combine the cabbage, tomato juice, sugar, lemon juice, salt, and pepper. Bring to a simmer over gentle heat.

Dust the short ribs with the flour seasoned with salt and pepper.

Get the oil hot in a saute pan and brown the ribs.

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Place the ribs on top of the borscht and cover with the lid and braise in a very slow over (250 degrees) for 3 1/2 to 4 hours.

Chill and defat before reheating and serving the soup.

Delicious served with a crusty brown bread.