

# Slow-Cooker Balsamic Short Ribs

Now here's a beef short ribs recipe you can serve to company—even on a holiday.

By **Carolyn Malcoun** | Updated on September 19, 2023

✓ Reviewed by Dietitian **Breana Lai Killeen, M.P.H., RD**

✓ Tested by **EatingWell Test Kitchen**

**Active Time:** 30 mins

**Additional Time:** 4 hrs

**Total Time:** 4 hrs 30 mins

**Servings:** 6

**Yield:** 6 servings

**Nutrition Profile:**

Low-Carb Nut-Free Dairy-Free Low Added Sugar Soy-Free High-Protein Egg-Free Gluten-Free Low-Calorie

## Ingredients

- 6 bone-in beef short ribs (about 3 1/4 pounds)
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil, divided
- 1 medium onion, sliced
- 2 tablespoons tomato paste
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme
- 1 cup balsamic vinegar
- ½ cup low-sodium beef broth
- 2 tablespoons cornstarch
- ¼ cup water
- 1 tablespoon Chopped fresh parsley

## Directions

### Step 1

Sprinkle ribs with 1/2 teaspoon salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the ribs and cook until browned on all sides, about 5 minutes total. Transfer to a 6-quart (or larger) slow cooker.

### Step 2

Add the remaining 1 tablespoon oil and onion to the pan; cook, stirring occasionally, until starting to brown, 3 to 5 minutes. Stir in tomato paste, garlic and thyme; cook, stirring, for 1 minute. Add vinegar and cook, scraping up any browned bits, until the liquid is mostly reduced, 3 to 5 minutes. Transfer to the slow cooker and add broth. Cover and cook on High for 4 hours or Low for 8 hours.

### Step 3

Transfer the ribs to a serving platter. Transfer the liquid to a medium saucepan and bring to a boil over high heat. Whisk cornstarch and water in a small bowl and add to the boiling liquid. Cook, whisking, until thickened, about 2 minutes. Stir in the remaining 1/4 teaspoon salt. Serve the ribs with the gravy and sprinkled with parsley, if desired.

## Equipment

6-qt. (or larger) slow cooker

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## Nutrition Facts

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Per serving: **Serving Size 1 rib & 1/3 cup gravy** 281 calories; total fat 15g; saturated fat 5g; cholesterol 59mg; sodium 416mg; total carbohydrate 13g; dietary fiber 1g; total sugars 8g; protein 20g; vitamin c 3mg; calcium 30mg; iron 3mg; potassium 513mg