

**SLOW COOKER BEEF SHORT RIBS
WITH GINGER-MANGO BARBECUE SAUCE**

*Total preparation and cooking time on high setting: 5-1/4 to 6-1/4 hours
Total preparation and cooking time on low setting: 7-3/4 to 8-3/4 hours*

- 2 pounds well-trimmed boneless beef short ribs,
cut 2 x 2 x 4-inch pieces**
- 1-1/2 cups diced fresh *or* drained jarred mango**
- 1 medium onion, chopped**
- 1 tablespoon minced fresh ginger**
- 1 cup hickory-flavored barbecue sauce**

1. Place beef short ribs, mango, onion and ginger in 3-1/2 to 5-1/2-quart slow cooker. Add barbecue sauce. Cover and cook on LOW 7-1/2 to 8-1/2 hours, or on HIGH 5 to 6 hours, or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Remove short ribs, season with salt and pepper, as desired. Skim fat from cooking liquid; serve over short ribs.

Makes 4 to 6 servings.

Cook's Tip: *Three pounds bone-in short ribs may be substituted.*

Cook's Tip: *Other flavors of barbecue sauce may be substituted for hickory-flavor.*

Cook's Tip: *Short ribs can be served over mashed sweet potatoes, if desired.*

Nutrition information per serving, using boneless short ribs (1/4 of recipe): 390 calories; 19 g fat (8 g saturated fat; 9 g monounsaturated fat); 99 mg cholesterol; 704 mg sodium; 20 g carbohydrate; 1.9 g fiber; 34 g protein; 3.8 mg niacin; 0.4 mg vitamin B₆; 3.7 mcg vitamin B₁₂; 3.8 mg iron; 23.9 mcg selenium; 8.3 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of niacin.

Nutrition information per serving, using boneless short ribs (1/6 of recipe): 260 calories; 13 g fat (6 g saturated fat; 6 g monounsaturated fat); 66 mg cholesterol; 470 mg sodium; 14 g carbohydrate; 1.3 g fiber; 22 g protein; 2.5 mg niacin; 0.3 mg vitamin B₆; 2.5 mcg vitamin B₁₂; 2.5 mg iron; 15.9 mcg selenium; 5.6 mg zinc.

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of niacin, vitamin B₆, and iron.

Nutrition information per serving, using bone-in short ribs (1/4 of recipe): 327 calories; 16 g fat (7 g saturated fat; 7 g monounsaturated fat); 79 mg cholesterol; 692 mg sodium; 20 g carbohydrate; 1.9 g fiber; 27 g protein; 3.1 mg niacin; 0.3 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 3.0 mg iron; 19.2 mcg selenium; 6.7 mg zinc.

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of niacin, vitamin B₆, and iron.

Nutrition information per serving, using bone-in short ribs (1/6 of recipe): 218 calories; 10 g fat (4 g saturated fat; 5 g monounsaturated fat); 53 mg cholesterol; 461 mg sodium; 14 g carbohydrate; 1.3 g fiber; 18 g protein; 2.1 mg niacin; 0.2 mg vitamin B₆; 2.0 mcg vitamin B₁₂; 2.0 mg iron; 12.8 mcg selenium; 4.4 mg zinc.

This recipe is an excellent source of protein, vitamin B₁₂, and zinc; and a good source of niacin, vitamin B₆, iron, and selenium.