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February's Tasty Recipe List

The theme for February is Snow Fun. The following recipe is provided for you to make early in the morning in your slow cooker. All day you can play while your meal is cooking. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

Smokey Slow Cooker Short ribs

2 tablespoons olive oil
8 short ribs
Salt and freshly ground black pepper
1 large onion, thickly sliced
1 (12-ounce) bag baby carrots
1 cup celery, thickly sliced, about 2 stalks
1 teaspoon minced garlic
2 teaspoons smoked paprika
2 teaspoons smoked ground black pepper
1½ teaspoons all-purpose seasoning salt
1 cup red wine
1 (10.5-ounce) can beef stock

Heat olive oil in a large sauté pan over high heat.

Season short ribs with salt and pepper. Sear the short ribs on all side until brown and caramelized.

In the bottom of a 5-quart slow cooker place the onions, carrots, celery and garlic. Then add smoked paprika, smoked ground black pepper, and all-purpose seasoning salt. Pour in wine and beef stock. Place short ribs, meat side up, on top of vegetables. Cover and cook on LOW setting for 8 hours.

Strain and defat the cooking liquid. Serve as sauce on the side.