

# SLOW COOKED SHORT RIBS

(Serves 4-6)

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2-4 pounds boneless short ribs, trimmed of excess fat  
Salt and pepper to season ribs  
1 teaspoon smoked paprika  
1 teaspoon minced garlic (or 2 garlic cloves, minced)  
1 teaspoon fresh oregano, chopped (okay to use 1 teaspoon dried oregano)  
1 tablespoon red wine vinegar  
1/2 cup ketchup  
1 tablespoon mustard  
1 teaspoon gluten-free soy sauce  
Pinch smoky Hawaiian black salt (found in specialty markets, sea salt is great, too)  
3-4 sprigs of fresh thyme

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Season short ribs with salt and pepper. Place ribs in a slow cooker.

In a bowl, whisk remaining ingredients except for thyme sprigs into a sauce. Pour over ribs and dredge ribs in the sauce, then place thyme springs on top. Cook on high in covered slow cooker for 3 hours or until ribs are fall-apart tender. Remove thyme sprigs before serving.

