

# Meats-Poultry-Game

## Barbeque Spare Ribs

### Ingredients:

2-3 pounds Beef stew meat cut into 1 inch cubes  
1 cup white rice flour seasoned with salt & pepper  
2-3 Tbsp. Olive Oil  
2 Carrots, cut into 1-inch pieces  
2 large onions, cut into 1-inch pieces  
3 medium red bliss potatoes quartered  
3 celery ribs, cut into 1-inch pieces  
1 cups dry red wine  
2 cups G/F beef broth

### Instructions:

Place the stew meat in a plastic bag and shake with flour until evenly coated. On top of stove, heat oil in large pan over medium to medium high heat. Add stew meat, and cook until well browned. Add carrots, onions, potatoes, onions, celery, wine and beef stock. Bring to a boil, lower to a simmer and cover with a tight fitting lid. If lid chatters or steam is escaping you know the heat is too high. Check periodically and add more liquid and/or turn down heat if necessary. Let simmer for 3 to 4 hours until meat is fork tender. Great served with brown rice and garlic bread Enjoy!

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