

Slow Cooker Braised Beef Short Ribs & Cauliflower Mash

(Whole 30, Paleo)

Shopping List:

Serving size 2-3

For the Short Ribs

- 4 beef short ribs, bone in
- 1 white onion, chopped
- 3 carrots, peeled and cut into slices
- 3 small golden potatoes, diced (or more to your liking)
- button mushrooms, sliced (optional)
- 3 garlic cloves, minced
- 3 tbsp tomato paste
- 3 cups organic beef stock
- 2 tbsp thyme (fresh or dried) or 1 tbsp ground thyme
- 2 tbsp dried oregano
- 2 bay leaves
- salt and pepper
- 1-2 tbsp olive oil, as needed to brown the beef

For the Cauliflower Mash

- 1 head cauliflower florets
- 2 tbsp grass fed butter or 1-2 tbsp coconut oil
- truffle salt

Directions:

Slow Cooker Braised Beef Short Ribs: Season all sides of the short ribs with salt and pepper. Heat olive oil in a skillet and brown all sides of the short ribs. Wash and chop all of the vegetables. Line your [slow cooker](#) with a slow cooker liner if using. (This helps for easier clean up!) Add all of the ingredients to the [slow cooker](#) and set on low for 3 to 4 hours. Adjust seasonings as desired.

Cauliflower Mash: Wash the cauliflower florets and boil them on the stove until fork tender. Drain the water out of the pot with a colander. Add the 2 tbsp grass fed butter (or 1 tbsp oil if dairy free) and a generous amount of truffle salt, to taste preference. Using an [immersion blender](#), puree the cauliflower. You may also transfer it to a [food processor](#) to puree, if needed. *Alternatives to truffle salt would be sea salt, Parmesan cheese, or other desired seasonings.