

KOREAN BEEF SHORT RIBS

4 lbs beef short ribs*	2 tsp minced fresh ginger
¼ cup chopped green onions	2 tsp minced garlic
¼ cup reduced sodium soy sauce	½ tsp black pepper
¼ cup reduced sodium beef broth	2 tsp sesame oil
1 T brown sugar	2 tsp sesame seeds

1. Place ribs in slow cooker. Combine green onions, soy sauce, broth, brown sugar, ginger, garlic and pepper in medium bowl. Mix well and pour over ribs. Cover; cook on low 7 to 8 hours or until ribs are fork tender.
2. Remove ribs from cooking liquid. Cool slightly. Trim excess fat. Cut rib meat into bite-size pieces, discarding bones and fat.
3. Let cooking liquid stand 5 minutes to allow fat to rise. Skim off fat.
4. Stir sesame oil into liquid. Return beef to slow cooker. Cover; cook 15 to 30 minutes or until hot.
5. Garnish with sesame seeds.

Makes 6 servings

* You may substitute 3 lbs boneless short ribs.