



# Slow Cooker Barbecue Beef Ribs

EASY • 3 HOURS 15 MINS

No matter the season, sticky slow cooked beef ribs will please a crowd! Our recipe is a set-and-forget slow cooker savior. Serve with bread rolls and slaw on warm days or dial up the comfort factor with mash, greens and honey buttered corn for a winter treat.



SKILL LEVEL  
Easy

PREP TIME  
15 mins

COOKING TIME  
3 hours

SERVINGS  
4

## Ingredients

- 2kg beef short ribs, patted dry

## Method

1. Season short ribs with salt and pepper. In a large skillet, heat vegetable oil and sear ribs on all sides until golden brown, approx. 2 minutes each side. Transfer to the bowl of a slow cooker.

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 1 tsp sea salt
- 2 tbsp vegetable oil
- 2/3 cup beef stock
- ½ cup pomegranate juice
- ½ cup water
- 180g (½ cup) Capilano Organic Raw Honey
- 1 tbsp tomato paste
- 75g (1/3 cup) brown sugar
- 60ml (¼ cup) apple cider vinegar
- 2 tsp mustard powder
- 30g (¼ cup) smoked paprika

## Method

2. Add to slow cooker beef stock, wine, ¼ cup water, cover with lid and cook on low for 3 hours.
3. While ribs are cooking combine honey, tomato paste, brown sugar, vinegar, mustard and paprika. Mix well to combine.
4. After 3 hours, remove ribs from slow cooker and drain pot of cooking liquid and fat. Return ribs to cooker and cover with barbecue sauce. Cook on low for an additional 2-3 hours, until the meat is very tender, but not completely falling apart. Serve with bread rolls, coleslaw and honey butter corn.

## Used in this recipe



### ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

#### Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

#### Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Visit [capilanothoney.com.au](http://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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