

THE

CrossFit

KITCHEN



CINNAMON-INFUSED SHORT RIBS WITH BUTTERNUT SQUASH

by Nick Massie

overview

The only hard part of making this dish is waiting 10 hours for fall-off-the-bone short ribs to come out of the slow cooker. Start early in the day and remember patience is a virtue, or take a shortcut with a little extra heat.

ingredients

- 4 lb. short ribs
- 7 c. butternut squash, peeled, seeded and diced
- 2 yellow onions, diced
- 3 c. tomatoes, diced
- 10 cloves fresh garlic, smashed
- 1 6-oz. can tomato paste
- 4 cinnamon sticks
- 4 bay leaves
- ¼ c. extra virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

directions

1. Combine squash, onion, tomato, garlic, olive, cinnamon and tomato paste in large bowl. Toss until well mixed.
2. Season meat liberally with kosher salt and black pepper.
3. Layer vegetable mixture and meat into slow cooker.
4. Gently tuck bay leaves into the slow cooker along the sides.
5. Cook on low for 10 hours or on high for 4-5 hours.
6. Remove bay leaves and cinnamon.
7. Serve immediately or portion out and store in the fridge for up to one week or in the deep freeze for up to six months.

