**Beef Sugo**

Sugo, a classic Italian meat sauce, is slowly cooked to enhance its rich, simple flavors. The beef is braised for approximately two hours or so, until it is tender enough to shred. Therefore this makes a great recipe for a lazy Saturday or Sunday. Enjoy with cauliflower mash or toss with some Paleo pasta to serve.

**ingredients**

3 lbs. beef short ribs

2-3 tbsp extra virgin olive oil

2 medium yellow onions, diced

2 carrots, coarsely chopped

3 stalks celery, coarsely chopped

6 cloves garlic, coarsely chopped

1/4 cup fresh parsley, chopped

1/4 tsp dried thyme

1/4 tsp marjoram

3 tbsp red wine vinegar

2 cups tomato sauce

2 cups beef broth

1 bay leaf

Salt and freshly ground pepper

**directions**

1. Heat the olive oil in a heavy-bottomed saucepan or Dutch oven over medium heat. Working in batches, add the beef and brown well on all sides, 1-2 minutes per side. Transfer to a plate and set aside. Add the onion to the same pot and turn the heat down to low. Cook until golden brown and caramelized, about 25-30 minutes, adding more olive oil if necessary.

2. Meanwhile, place the carrot, celery, and garlic in a food processor and pulse to finely chop. Once the onions are caramelized, add the mixture to the pan and season with salt and pepper. Cook over medium heat for 8-10 minutes. Stir in the parsley, thyme, and marjoram, and cook for an additional 4-5 minutes.

3. Add the red wine vinegar to the pot and cook for 2-3 minutes on high heat,

scraping any browned bits from the bottom of the pan. Add the tomato sauce,

beef broth, and bay leaf and bring to a boil. Turn the heat down to a bare

simmer and return the meat to the pot. Cover and cook, stirring occasionally, for 2 hours or until the meat is tender and easily shredded. Adjust salt and pepper to taste. Discard the bay leaf before serving.