

French Onion & Mushroom Stew with Slow Braised Short Ribs

INGREDIENTS

- 5 tablespoons salted butter
- 4 medium yellow onions, thinly sliced
- 2 leeks, chopped
- 1 teaspoon black pepper
- 1/2 cup dry white wine, such as Pinot Grigio or Sauvignon Blanc
- 2 cups beef stock
- 4 cups chicken stock
- 3 tablespoons [Badia Mushroom Everything Seasoning](#)
- 4 cloves garlic, chopped
- 1/2 teaspoon red pepper flakes
- 5 sprigs of fresh thyme or 2 tablespoons of fresh thyme leaves
- 2 sprigs of fresh rosemary
- 2 bay leaves
- 1/2 cup tamari or soy sauce (low sodium is best)
- 4 pounds of bone-in beef short ribs
- 10 ounces Shitake mushrooms, sliced
- 3 teaspoons corn starch (optional for thicker stew)
- 6 slices French bread
- 2 cups sliced or shredded Gruyère cheese

INSTRUCTIONS

For the stove and oven:

1. Preheat the oven to 325° F. In a large oven-safe Dutch Oven over high heat, melt together the butter, onions, and leeks. Cook for 5 minutes, until softened. Add the wine, season with pepper, and continue cooking another 5-8 minutes, until the wine has evaporated, and the onions are lightly golden. Add the garlic, thyme, rosemary, mushroom seasoning, and red pepper flakes. Then add the short ribs. Pour over all 6 cups of broth. Add the tamari and bay leaf. Cover and roast in the oven for 2 1/2 to 3 hours or until the short ribs are tender and falling off the bone.
2. Add the mushrooms during the last 1-2 hours of cooking.
3. Remove the bay leaves, rosemary, and thyme stems. Discard any bones and extra fatty pieces. Lightly shred the meat. Taste and season with salt, if needed.
4. Switch the oven to 425°. Arrange the bread on a baking sheet and toast for 10 minutes, until very dry. Switch the oven to broil. Top the toast with cheese, then broil until bubbly, 2 to 3 minutes.
5. Ladle the soup into bowls. Top with cheesy toast, black pepper, and fresh thyme.

For the crockpot:

1. In a large Dutch Oven over high heat, melt together the butter, leeks, and onions. Cook 5 minutes, until softened. Add the wine, season with pepper, and continue cooking another 5-8 minutes, until the wine has evaporated, and the onions are lightly golden. Add the garlic, thyme, rosemary, mushroom seasoning, and red pepper flakes. Then transfer everything to the bowl of the crockpot. To the crockpot, add the short ribs. Pour over 6 cups of broth. Add the tamari and bay leaves. Cover and cook on low for 7-8 hours or on high for 5-6 hours.
2. Add the mushrooms during the last 1-2 hours of cooking.
3. Remove the bay leaves, rosemary, and thyme stems. Lightly shred the meat. Keep on warm.
4. Switch the oven to 425°. Arrange the bread on a baking sheet and toast for 10 minutes, until very dry. Switch the oven to broil. Top the toast with cheese, then broil until bubbly, 2 to 3 minutes.
5. Ladle the soup into bowls. Top with cheesy toast, black pepper, and fresh thyme.