Barbecued Short Ribs

Servings: 4

3 pounds beef short ribs

1 onion, chopped

2 tablespoons oil

1/4 cup vinegar

2 tablespoons sugar

1 cup catsup

1/2 cup water

3 tablespoons Worcestershire sauce

1 teaspoon prepared mustard

1/2 cup celery, sliced

2 teaspoons salt

Cuisine: Barbeque

Brown short ribs with onion in hot oil. Combine remaining ingredients and add to ribs. Cover and cook slowly for 1 1/2 to 2 hours, or until tender.

Per Serving (excluding unknown items): 1493 Calories; 130g Fat (78.8% calories from fat); 51g Protein; 29g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 2085mg Sodium. Exchanges: 7 Lean Meat; 1/2 Vegetable; 18 1/2 Fat; 1 1/2 Other Carbohydrates.