

Serves 4 to 6

1½ pounds beef short ribs
1 teaspoon salt
½ teaspoon black pepper
2 teaspoons cornstarch
3½ tablespoons olive oil,
divided
2 cloves garlic, chopped
1 medium white onion,
chopped
2 teaspoons paprika, or to
taste
3 cups frozen stir-fry
vegetable mix
½ cup beef broth
1 tablespoon Worcestershire
sauce
1 teaspoon granulated sugar

Spicy Beef Short Ribs

This stir-fried version of stew takes less than 30 minutes to make and tastes as good as stew that has been simmering on the stovetop all afternoon.

1. Cut the beef short ribs into bite-sized chunks. Place the short ribs in a bowl and toss with the salt, black pepper, and cornstarch. Let the beef stand for 15 minutes.
2. Heat a wok or skillet over medium-high heat until it is nearly smoking. Add 2 tablespoons oil. When the oil is hot, add half the garlic. Stir-fry for 10 seconds, then add half the short ribs. Let sear (brown) briefly, then stir-fry the meat, stirring and tossing until there is no pinkness and it is nearly cooked through. Remove the meat and drain in a colander or on paper towels. Repeat with the remainder of the beef.
3. Heat 1½ tablespoons oil in the wok or skillet. When the oil is hot, add the remaining garlic. Stir-fry for 10 seconds, then add the onion. Sprinkle the paprika over the garlic and onions. Stir-fry for 2 minutes, or until the onion begins to soften. Add the stir-fry vegetables. Stir-fry the vegetables according to the package directions, or until they are heated through (3 to 5 minutes).
4. Add the beef broth into the pan and bring to a boil. Add the beef back into the pan, stirring to mix it with the other ingredients. Stir in the Worcestershire sauce and the sugar. Stir-fry for 1 to 2 more minutes to mix everything together, and serve hot.

Beef Stew Around the World Every culture has its own version of a one-pot dish combining meat, vegetables, and seasonings, simmered for hours on the stovetop. Ancient Romans dined on a dish of lamb with seasonings, and Hungarian cattle drivers were dining on a mixture of dried meat mixed with water and seasonings (the forerunner to modern-day Hungarian goulash) by at least the sixteenth century.