



### **Mock Short Ribs**

2 lbs beef stew meat  
1 (5.5 oz) can tomato paste  
1 cup water  
1 cup chopped onion

2 tbsp white vinegar  
2 tbsp light soy sauce (40% less salt)  
1/2 tsp ground ginger  
1 tsp dry mustard  
1 tsp beef bouillon powder (35% less salt)  
1/4 tsp pepper

Place meat in a roaster. Mix remaining ingredients and pour over.

Cover and bake at 325°F (160°C) for 2 1/2 to 3 hours, until tender.

Makes 8 servings.

Variation: Use about 4 lbs short ribs instead of stew meat.