



# Boneless Country-Style Ribs Fact Sheet



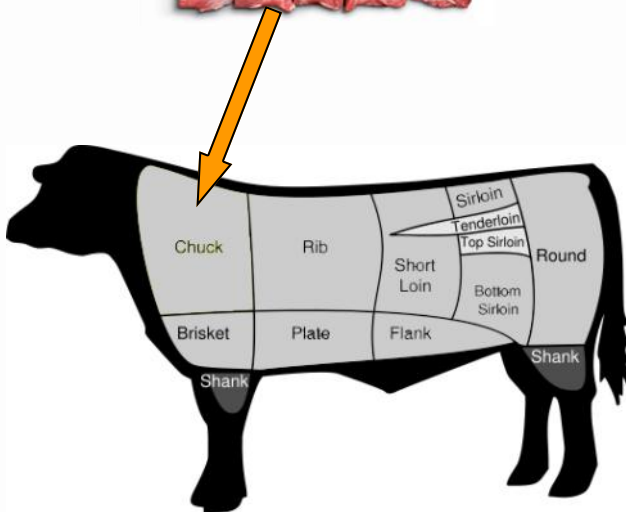
For more simple meal ideas, nutrition information and cooking tips, visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

**Boneless Country-Style Ribs** are cut from the Beef Chuck, Chuck Eye Roll. Boneless Country-Style Beef Ribs are everything you love about ribs, but without **the bones. With their robust beef flavor, they're** unbelievably delicious, tender and meaty.

The Boneless Country-Style Ribs are a real crowd pleaser, whether slowly braised with vegetables or finished on the grill with barbecue sauce—they're equally enjoyable reheated!



*Chipotle Braised  
Country-Style Beef Ribs*



## Characteristics

Meaty, tender ribs without the bones.

Perfectly portioned and pre-cut, resulting in the right size and shape for many applications.

## Classic Substitutions

Substitute Beef Short Ribs or Chuck Shoulder Pot Roast if the Boneless Country-Style Ribs are not available.

*Note: Cooking times will need to be adjusted according to the cut that is substituted.*

## Nutrition Information

An excellent source of protein, zinc, vitamin B<sub>12</sub>, selenium, niacin, and vitamin B<sub>6</sub>, and a good source of phosphorus, choline, iron, and riboflavin.

## Simple Meal Ideas

- Brown on all sides over medium heat, then braise with vegetables until fork tender.
- Braise then grill, brushing with barbecue sauce or other glaze.