

## **Slow-Cooker Beef Short Ribs (Carnivore Style)**

A dead-simple, no-nonsense short rib recipe. Deep sear, clean ingredients, long slow cook. Rich, tender, and packed with flavor.

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### **Ingredients**

- Beef short ribs
  - Beef tallow
  - Hardcore Carnivore Black seasoning
  - Grass-fed beef bone broth
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### **Instructions**

#### **1. Heat & Render**

- Set the Instant Pot to **Sauté (400°F)**
- Add a generous scoop of **beef tallow**
- Let it fully melt and get hot

#### **2. Sear**

- Place short ribs in the pot
- **Sear all sides for ~2 minutes each**
- Aim for a deep, dark crust

#### **3. Season**

- Season generously with **Hardcore Carnivore Black** while the meat is hot

#### 4. Add Broth

- Pour in **bone broth** until it reaches about halfway up the ribs
- Do not fully submerge

#### 5. Slow Cook

- Switch to **Slow Cook (Low)**
  - Cook for **8 hours**
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### Result

Fork-tender meat, collagen-rich broth, and deep beef flavor. Eat straight from the pot or reduce the remaining liquid into a rich sauce.

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### Notes

- Tallow provides high-heat stability and flavor
- Long cooking time breaks down connective tissue into gelatin
- Minimal ingredients, maximum nourishment