

Buffalo-Style Beef Bites

Total Recipe Time: 2 to 2-1/2 hours

Makes 8 to 12 appetizer servings

INGREDIENTS

1. 1-1/2 to 2 pounds beef Country-Style Ribs, cut into 1-inch pieces
2. 1 tablespoon vegetable oil
3. 3/4 cup beef broth
4. 2 tablespoons plus 1/4 cup cayenne pepper sauce for Buffalo wings, divided
5. 2 teaspoons garlic powder
6. 2 teaspoons onion powder
7. 1/4 cup blue cheese crumbles
8. Carrot and celery sticks (optional)

INSTRUCTIONS FOR BUFFALO-STYLE BEEF BITES

1. Heat oil in large stockpot over medium heat until hot. Brown half of beef ribs; remove from stockpot. Repeat with remaining beef.
 2. Return beef to stockpot. Add beef broth, 2 tablespoons buffalo sauce, garlic powder and onion powder; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
 3. Remove beef from cooking liquid to large bowl; discard cooking liquid or reserve for another use. Toss beef with remaining 1/4 cup buffalo sauce. Sprinkle with blue cheese crumbles. Serve with carrot and celery sticks, if desired.
- Test Kitchen Tips
 - Beef ribs can be served on 6-inch wooden skewers or with wooden toothpicks.

NUTRITIONAL INFORMATION FOR BUFFALO-STYLE BEEF BITES

Nutrition information per serving: 133 calories; 8 g fat (3 g saturated fat; 1 g monounsaturated fat); 46 mg cholesterol; 453 mg sodium; 1 g carbohydrate; 0.3 g fiber; 15 g protein; 2.0 mg niacin; 0.1 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 1.5 mg iron; 15.0 mcg selenium; 4.7 mg zinc; 43.3 mg choline.

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of niacin.