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# Bar-B-Q Spareribs

*Nancy Donaghy*

*Nettles Island Cooking in Paradise - 2014*

**1 cup ketchup**

**3 tablespoons Worcestershire sauce**

**1 teaspoon chili powder**

**1 teaspoon salt**

**2 dashes Tabasco sauce**

**1 cup water**

**spareribs**

**onion**

In a saucepan, heat the ketchup, Worcestershire sauce, chili powder, salt, Tabasco sauce and water to make a sauce.

Cut the spareribs. Lay in a roasting pan. Spray each rib with lemon juice. Place slices of onion on each rib.

Bake in the oven at 450 degrees for 30 minutes, Pour sauce over the spareribs. Lower the oven temperature to 350 degrees.

Bake for another 30 minutes, basting with the sauce two to three times.

## **Pork**

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*Per Serving (excluding unknown items): 294 Calories; 1g Fat (3.3% calories from fat); 5g Protein; 75g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5457mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 5 Other Carbohydrates.*