

Barbecued Spare Ribs

Mary Huebner

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*3 pounds spareribs
2 tablespoons butter or
margarine
2 tablespoons onion
1 tablespoon chopped
green pepper
1 cup catsup
1 teaspoon salt
1 teaspoon celery seed
2 tablespoons brown sugar
2 teaspoons dry mustard
1 cup water*

Cut the ribs into six servings.

Preheat an electric fry pan to 350 degrees. Add the butter. Brown the spareribs on both sides.

Add the onion, green pepp[er, catsup, salt, celery seed, brown sugar, mustard and water. Cover.

Cook at 225 degrees for one hour or until the spareribs are tender.

Per Serving (excluding unknown items): 495 Calories; 37g Fat (68.1% calories from fat); 25g Protein; 14g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 979mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1 Other Carbohydrates.