
Barbeque Ribs

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

3 pounds spare ribs, lean and cut into strips between the bones

1/2 cup onion slices

1 cup chili sauce

2 cups ketchup

2 tablespoons Worcestershire sauce

1 tablespoon soy sauce

2 tablespoons lemon juice

juice of one lime

1/4 cup vinegar

2 tablespoons brown sugar

2 tablespoons honey

seasoning salt

2 cloves garlic, minced

salt

pepper

Place the ribs in a shallow pan.

In a saucepan, mix the remaining ingredients. Cook together for 30 minutes to thicken. Pour the sauce over the ribs.

Cook, covered, in the oven at 325 degrees for 1-1/2 hours.

Remove the ribs and cool enough to skim off fat from the sauce.

Set the oven to 450 degrees. Brown the ribs (or brown on an outdoor charcoal grill).

Pork

Per Serving (excluding unknown items): 138 Calories; trace Fat (1.8% calories from fat); 2g Protein; 36g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1181mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 Other Carbohydrates.