

Barbequed Spareribs

Denise Frasu - Wenatchee, WA

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Servings: 6

2 onions, sliced
2 tablespoons vinegar
2 tablespoons
Worcestershire sauce
1 tablespoon salt
1/2 teaspoon red pepper
1 teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon pepper
1 bottle (8 ounce) ketchup
3/4 cup water
3 to 4 pounds spareribs

Preparation Time: 10 minutes

Bake Time: 1 hour

In a bowl, combine the onions, vinegar, Worcestershire, salt, red pepper, paprika, chili powder, pepper, ketchup and water.

Place the spareribs in a roasting pan. Pour the sauce over the spareribs.

Bake in a moderate 350 degree oven for approximately 45 minutes to one hour, basting occasionally until the ribs are tender.

Per Serving (excluding unknown items): 65 Calories; 4g Fat (47.7% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 1162mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.