

BBQ Ribs

Relish Magazine - August 2012

www.relish.com

Servings: 5

RUB AND RIBS

2 tablespoons hot chili powder

1 tablespoon sweet paprika

1 tablespoon ground cumin

1 teaspoon salt

3/4 teaspoon ground black pepper

4 pounds baby back pork ribs

1 bottle (12 ounce) root beer

SAUCE

1 jar (18 ounce) barbecue sauce

1/2 cup water

2 tablespoons brown sugar

1 tablespoon instant espresso powder

Preheat the oven to 400 degrees.

To make the rub: In a bowl, combine the chili powder, paprika, cumin, salt and pepper. Rub the spice mixture over the ribs. Place the ribs in a roasting pan or Dutch oven.

Pour the root beer into the bottom of the pan (not over the ribs). Cover the pan tightly with foil.

Bake the ribs for 1 to 1-1/2 hours, until tender and browned.

To make the sauce: In a heavy saucepan, stir the barbecue sauce, water, brown sugar and espresso powder. Cook for 10 minutes.

Heat the grill to medium heat.

Brush the ribs with the sauce.

Grill the ribs until heated through, about 5 minutes per side.

Serve the ribs with the remaining sauce.

Per Serving (excluding unknown items): 68 Calories; 2g Fat (20.7% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 869mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.