

Grilled, Pork

Molasses-Glazed Baby Back Ribs

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Taste of Home Magazine - June/July 2012

Servings: 4

Preparation Time: 20 minutes

Grill Time: 1 hour 10 minutes

4 1/2 pounds pork baby back ribs

2 liters cola

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon garlic salt

1/4 teaspoon dried oregano

1/4 teaspoon onion powder

1/8 teaspoon cayenne powder

BARBECUE SAUCE

1/4 cup ketchup

1/4 cup honey

1/4 cup molasses

1 tablespoon prepared mustard

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

Place the ribs in large resealable plastic bags. Add the cola. Seal the bags and turn to coat. Refrigerate for eight hours or overnight.

Drain and discard the cola. Pat the ribs dry with paper towels. Combine the seasonings; rub over the ribs.

Prepare the grill for indirect heat, using a drip pan. Place the ribs over the pan.

Grill, covered, over indirect medium heat for 1 hour, or until tender, turning occasionally.

In a small bowl, combine the barbecue sauce ingredients. Brush over the ribs.

Grill, covered, over medium heat for about 10 to 20 minutes longer or until browned, turning and basting occasionally.

Per Serving (excluding unknown items): 355 Calories; trace Fat (0.7% calories from fat); 1g Protein; 91g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 916mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 6 Other Carbohydrates.