

Orange Glazed Spareribs

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 4 to 6 servings

*4 pounds pork spareribs
(racks)
2 tablespoons packed
brown sugar
2 tablespoons vinegar
1 teaspoon Worcestershire
sauce
1 teaspoon dry mustard
3/4 cup tomato sauce
1 cup ketchup
1/2 can (5 ounces) frozen
orange juice concentrate,
defrosted
1 large onion, coarsely
chopped
2 cloves garlic, minced
1/2 teaspoon salt
1/8 teaspoon pepper*

Preheat the oven to 350 degrees.

Do not cut up the ribs. Place whole pieces of the ribs in a baking dish with a cooking rack.

Bake for 45 minutes.

Remove the ribs from the baking dish. Remove the rack and drain off the excess fat. Wipe the fat from the baking dish with paper towels.

Cut the cooked ribs into serving-size portions and put back into the baking dish.

In a bowl, combine the brown sugar, vinegar, Worcestershire sauce, mustard, tomato sauce, ketchup, orange juice, onion, garlic, salt and pepper. Blend well. Pour over the ribs.

Bake for an additional one to one and one-half hours or until the ribs are tender.

Per Serving (excluding unknown items): 644 Calories; 2g Fat (calories from fat); 11g Protein; 161g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 5092mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 0 Fat; Other Carbohydrates.