

Slow Cooker Orange Baby Back Ribs

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Servings: 6

*3 pounds baby back ribs
2 teaspoons smoked paprika
1 teaspoon brown sugar
1 teaspoon dry mustard
1 can (28 ounce) crushed tomatoes
zest of one orange
1 orange cut into pieces
1 cup barbecue sauce
1/4 cup apple cider vinegar
1/4 cup bourbon*

Slow Cooker Time: 4 hours

Cut the ribs into portion size racks of three or four ribs each.

In a small bowl, combine the paprika, brown sugar and mustard. Mix well.

Rub the ribs thoroughly with the paprika mixture.

In a large bowl, add the tomatoes, orange, orange zest, barbecue sauce, vinegar and bourbon. Mix well.

Cook the ribs in stages in a pot on the stove over medium high heat until just browned.

Place the ribs in the slow cooker. Cover with the sauce.

Cook on LOW for four hours until done.

Per Serving (excluding unknown items): 62 Calories; 1g Fat (18.9% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.