Raylee Askew

Intermediate

Protein

Shelby County

Oven Baked Ribs

Rib Rub:
1 cup brown sugar
1 tablespoon garlic powder
½ tablespoon paprika
½ tablespoon onion powder
½ tablespoon chili powder
1 teaspoon cayenne pepper

Mix all the above ingredients in a small bowl. Rub evenly on both sides of 3 to 4 pounds of ribs. Put foil on baking pan, then place the ribs meat side up. Cover ribs with foil tightly. Preheat oven to 250 degrees. Cook for 3 hours. Turn oven off and let sit for 10 minutes, and now make sauce.

BBQ Sauce:
2 cup ketchup
1/3 cup cider vinegar
¼ cup packed brown sugar
1 tablespoon honey
½ teaspoon cayenne pepper

In a small saucepan add all ingredients, bring to a boil then reduce heat to medium and cook for 10 minutes. Take out some for dipping.

Remove ribs from oven, remove foil and drain liquid from pan. Using a bbq brush, baste a thick layer of sauce on ribs. Place back in oven on broil for 10 minutes. Enjoy.

Preparation Time: 10 minutes
Total Time: 3 hours
Serves: 4
Cost per serving: $3.45
Nutritional Value: 37% daily recommended