

Root Beer Baby Back Ribs

Author: Chris Brill, exec. chef at Iowa Meat Farms, San Diego

Carolyn T's
Main Cookbook

Servings: 4



RIBS:

2 racks baby back ribs

3 tablespoons dry rub

24 ounces root beer (that's a guess, more as needed)

BBQ SAUCE:

8 ounces sweet onions, chopped

3 cloves garlic, peeled, chopped

4 ounces red bell pepper, chopped

16 ounces canned tomatoes, undrained

1 cup bottled spicy hot red sauce (not Tabasco, but a milder but spicy blend)

10 ounces brown sugar (or use 5 ounces honey)

2 ounces lemon juice (or cider vinegar)

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 443 Calories;
4g Fat (7.1% calories from fat); 5g Protein; 103g
Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol;
495mg Sodium. Exchanges: 1/2 Lean Meat; 2 1/2
Vegetable; 1 Fruit; 1/2 Fat; 4 1/2 Other
Carbohydrates.

Notes: Do not add the sauce to the ribs until the last, as it will burn.

1. Ribs: Preheat oven to 325. Season the ribs well with the dry rub.

2. Place on a rimmed sheet pan or cookie sheet (or a disposable aluminum pan) that's just large enough to hold the ribs. Add about 1/2 inch of root beer. Cover with foil and seal well.

3. Bake until the ribs are tender, about 2 hours. During last 5-10 minutes brush the ribs with the sauce (below). You may also finish the ribs on an outdoor grill, but don't add the sauce until the last. Serve ribs with additional sauce.

4. SAUCE: In blender or food processor combine the onions, garlic, pepper and tomatoes. Blend until evenly pureed.

5. Pour sauce into a saucepan and add remaining ingredients. Simmer over low heat until the sauce thickens some, about 20-30 minutes.