



# Oven Baked Ribs



Homemade meals can make everyone healthier, happier, and more connected. All meals are designed to meet each Lotus Park's family member needs by a licensed dietitian, and made fresh daily by loving people. Today we share our love with Over Baked Baby Back Pork Ribs recipe.

*Community you want, Cuisine we all love!*

## **Procedure:**

1. Tear off pieces of aluminum foil big enough to enclose each portion of ribs. Spray each piece of foil with vegetable cooking spray. Brush the ribs liberally with barbeque sauce and place each portion on its own piece of foil. Wrap tightly and refrigerate for at least 8 hours, or overnight.
2. Preheat oven to 300 degrees F.
3. Bake ribs wrapped tightly in the foil at 300 degrees F for 2-1/4 hours. Remove from foil and put on a foil lined cookie sheet; add more sauce and broil in oven or grill for 15 minutes check often to make sure they don't burn.
4. Remove ribs from oven, add more BBQ sauce if needed, and serve.

## **Tips:**

Particularly tasty served with baked potato and cosleslaw and loving company.

**Cooking Time:** 2 Hours 15 Minutes

**Cooking Temp:** 300 °F

**Servings:** 3

**Serving Size:** 3 oz

## **Ingredients:**

Pork Ribs, Baby Back . . . . . 1 rack  
Sauce, BBQ . . . . . 1/2 cup  
Lots of LOVE !!!