



AWESOME BBQ RIBS AND SLAW

RIBS:

INGREDIENTS:

Ribs
Sea Salt and Pepper
Minced Garlic
Aluminum Foil

DIRECTIONS:

Season your ribs with salt and pepper on both sides. Rub the crushed garlic on the meat side.

In a DOUBLE layer of aluminum foil, wrap your ribs very tightly, making sure they are well sealed.

Place on a pan and put them in a 275° oven for 4 hours.

At about the 3 1/2 hour mark, remove the ribs from the oven, open the foil packet, and pour your sauce on your ribs, and then place back in the oven for the remaining 30 minutes.

ANNA'S BEST BBQ SAUCE!

INGREDIENTS:

¼ cup vinegar – I usually use a combo of apple cider, red wine, and white balsamic vinegars
¼ cup Molasses
¼ cup Honey
1 Cup Ketchup - PLEASE read the label and get the kind WITHOUT high fructose corn syrup
1 Tablespoon Mustard – stone ground

1 teaspoon minced garlic
2 Tablespoons. diced onion
1 teaspoon chili powder – I use ½ chili powder, and ½ Chipotle Chili powder
1/2 teaspoon smoked paprika
1 teaspoon black pepper
2 teaspoons Worcester Sauce
2 teaspoons lemon juice
1 teaspoon Chalula sauce – available in the Mexican aisle
½ teaspoon Liquid smoke

DIRECTIONS:

Put it in a sauce pan, bring it to a boil, reduce heat, and simmer for about 15 minutes.

COLE SLAW

INGREDIENTS:

1/2 Napa Cabbage sliced very thin, and rinsed well
1 cup sliced Red Cabbage
1/4 purple onion, sliced thin
1 large carrot, grated
1/3 cup Mayo
2 Tablespoons Apple Cider Vinegar
1 Tablespoon Whole Grain Mustard
1 Tablespoon Honey
Salt and Pepper

DIRECTIONS:

Prep veggies and place in a large mixing bowl.

In a small bowl, combine mayo, vinegar, honey, mustard, and salt and pepper to taste.

Pour over veggies and mix well.