

# Barbecued Ribs with Barbecue Sauce

Marilyn Gorham - Mara, MN  
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**Yield: 2 to 3 sheets of ribs**

*2 to 3 sheets ribs (back ribs are more meaty), cut in two rib pieces*

*1 onion*

## **BARBECUE SAUCE**

*1 bottle (28 ounce) catsup*

*4 tablespoons brown sugar*

*2 tablespoons vinegar*

*1 tablespoon prepared mustard*

*1 tablespoon*

*Worcestershire sauce*

*1/3 cup water*

*1 tablespoon liquid smoke flavoring*

**Preparation Time: 30 minutes**

**Grill: 1 hour**

Pre-boil the ribs in salted water with one onion. Bring to a boil. Turn to simmer. Cook for 45 minutes to one hour.

In a large saucepan, combine the catsup, brown sugar, vinegar, mustard, Worcestershire sauce, water and liquid smoke. Stir to blend the ingredients. Simmer.

When the ribs are done boiling, use tongs to place the ribs in the barbecue sauce to marinate. Then place the ribs in a 13x9-inch glass or enamel pan. Baste with more sauce.

Bake the ribs at 350 degrees for 45 minutes to one hour.

Serve hot additional barbecue sauce with the ribs.

Best served with coleslaw and baked potatoes.

(After the ribs are marinated, they could be cooked on a grill at medium heat for 45 minutes to one hour, being careful not to burn them.)

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Per Serving (excluding unknown items): 224 Calories; 1g Fat (4.0% calories from fat); 3g Protein; 55g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 584mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 3 Other Carbohydrates.