

# Chipotle Baby Back Ribs (Slow Cooker)

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## Servings: 8

*3 pounds pork loin back ribs or  
meaty pork spareribs  
3/4 cup no-salt-added tomato sauce  
1/2 cup bottled barbecue sauce  
2 canned chipotle chiles in adobo,  
finely chopped  
2 tablespoons cornstarch  
shredded coleslaw mix (optional) (for  
garnish)  
thinly sliced jalapenos (optional) (for  
garnish)*

## Preparation Time: 15 minutes

### Slow Cooker: 7 hours

Preheat the broiler.

Cut the ribs into two-rib portions. Place the ribs on an unheated rack of a broiler pan.

Broil six inches from the heat for about 10 minutes or until brown, turning once.

Transfer the ribs to a Four- or Five-Quart slow cooker.

In a medium bowl, combine the tomato sauce, barbecue sauce and chipotle chiles. Pour over the ribs in the slow cooker.

Cover and cook on HIGH for three to three one-half hours or on LOW for six to seven hours.

Transfer the ribs to a serving platter, reserving the cooking liquid. Cover the ribs to keep warm. Skim the fat from the cooking liquid.

In a small bowl, combine the cornstarch and two tablespoons of cold water. Stir into the liquid in the slow cooker. Cover and cook on HIGH for about 15 minutes more or until thickened.

Top the ribs with the sauce. If desired, serve the ribs over shredded coleslaw mix and/or thinly sliced jalapenos.

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Per Serving (excluding unknown items): 8 Calories; trace Fat (0.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch).

Pork

**Per Serving Nutritional Analysis**

|                                       |       |                             |      |
|---------------------------------------|-------|-----------------------------|------|
| <b>Calories (kcal):</b>               | 8     | <b>Vitamin B6 (mg):</b>     | 0mg  |
| <b>% Calories from Fat:</b>           | 0.1%  | <b>Vitamin B12 (mcg):</b>   | 0mcg |
| <b>% Calories from Carbohydrates:</b> | 99.6% | <b>Thiamin B1 (mg):</b>     | 0mg  |
| <b>% Calories from Protein:</b>       | 0.3%  | <b>Riboflavin B2 (mg):</b>  | 0mg  |
| <b>Total Fat (g):</b>                 | trace | <b>Folacin (mcg):</b>       | 0mcg |
| <b>Saturated Fat (g):</b>             | trace | <b>Niacin (mg):</b>         | 0mg  |
| <b>Monounsaturated Fat (g):</b>       | trace | <b>Caffeine (mg):</b>       | 0mg  |
| <b>Polyunsaturated Fat (g):</b>       | trace | <b>Alcohol (kcal):</b>      | 0    |
| <b>Cholesterol (mg):</b>              | 0mg   | <b>% Refuse:</b>            | 0.0% |
| <b>Carbohydrate (g):</b>              | 2g    |                             |      |
| <b>Dietary Fiber (g):</b>             | trace | <b>Food Exchanges</b>       |      |
| <b>Protein (g):</b>                   | trace | <b>Grain (Starch):</b>      | 0    |
| <b>Sodium (mg):</b>                   | trace | <b>Lean Meat:</b>           | 0    |
| <b>Potassium (mg):</b>                | trace | <b>Vegetable:</b>           | 0    |
| <b>Calcium (mg):</b>                  | trace | <b>Fruit:</b>               | 0    |
| <b>Iron (mg):</b>                     | trace | <b>Non-Fat Milk:</b>        | 0    |
| <b>Zinc (mg):</b>                     | trace | <b>Fat:</b>                 | 0    |
| <b>Vitamin C (mg):</b>                | 0mg   | <b>Other Carbohydrates:</b> | 0    |
| <b>Vitamin A (i.u.):</b>              | 0IU   |                             |      |
| <b>Vitamin A (r.e.):</b>              | 0RE   |                             |      |

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 8 **Calories from Fat:** 0

|                            |       | % Daily Values* |
|----------------------------|-------|-----------------|
| <b>Total Fat</b>           | trace | 0%              |
| Saturated Fat              | trace | 0%              |
| <b>Cholesterol</b>         | 0mg   | 0%              |
| <b>Sodium</b>              | trace | 0%              |
| <b>Total Carbohydrates</b> | 2g    | 1%              |
| Dietary Fiber              | trace | 0%              |
| <b>Protein</b>             | trace |                 |
| <b>Vitamin A</b>           |       | 0%              |
| <b>Vitamin C</b>           |       | 0%              |
| <b>Calcium</b>             |       | 0%              |
| <b>Iron</b>                |       | 0%              |

\* Percent Daily Values are based on a 2000 calorie diet.