

First Down Baby Back Ribs

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Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 15 minutes

Bake Time: 1 hour

2 cups ketchup

1/2 cup cider vinegar

1/2 cup water

1/4 cup fresh lemon juice

2 tablespoons molasses

2 tablespoons Tabasco sauce

2 tablespoons Worcestershire sauce

2 tablespoons Dijon mustard

2 tablespoons chili powder

1/4 cup dark brown sugar

2 teaspoons smoked paprika

2 teaspoons garlic, minced

salt and black pepper (to taste)

4 racks (2 pounds ea) baby back ribs

salt and black pepper (to taste)

Preheat the oven to 350 degrees.

In a heavy, non-reactive pot over medium-low heat, combine the ketchup, cider vinegar, water, lemon juice, molasses, Tabasco, Worcestershire, mustard, chili powder, brown sugar, smoked paprika, garlic, salt and pepper.

Cook, stirring, to heat through and for the flavors to blend for about 5 minutes. (Do not boil.)

Strain the sauce to remove the garlic. Cool to room temperature. Result is about three cups of sauce.

Use the sauce immediately or refrigerate, covered, for up to two weeks.

Place the ribs, meaty-side up, in baking pans to fit. Season well with salt and pepper.

Cover the ribs with two cups of the sauce, brushing all over.

Bake for 1 hour, basting with the remaining cup of sauce after 30 minutes.

Cut the ribs apart and serve immediately in bowls.

Per Serving (excluding unknown items): 119 Calories; 1g Fat (4.6% calories from fat); 1g Protein; 30g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 836mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 Other Carbohydrates.