

Slow-Cooked Teriyaki Ribs

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Servings: 4

*1 large rack (2-1/2 pounds) baby
back ribs, cut into two-rib pairs
black pepper
2/3 cup teriyaki sauce
1 tablespoon balsamic vinegar
2 cloves garlic, pressed
sesame seeds (for sprinkling)
coleslaw (for serving)*

Preparation Time: 10 minutes

Slow Cooker Time: 8 hours

Sprinkle the baby back ribs with 1/2 teaspoon of pepper. Place the ribs in a six-quart slow cooker along with 1/3 cup of the teriyaki sauce, turning to coat.

Cover. Cook on LOW for seven to eight hours or until very tender.

Transfer to a cutting board. Cut the ribs apart.

Stir the vinegar, garlic and remaining teriyaki sauce into the juices in the slow cooker.

Turn the cooker to HIGH. Simmer until thickened, about 5 minutes.

Brush the sauce onto the ribs. Sprinkle with sesame seeds.

Serve with coleslaw.

Per Serving (excluding unknown items): 43 Calories; trace Fat (0.1% calories from fat); 3g Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1822mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit.