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# Spicy Sweet Ribs and Beans (Slow Cooker)

*The Essential Southern Living Cookbook*

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 2 hours 20 minutes

**4 pounds country-style pork ribs, trimmed**

**1 teaspoon garlic powder**

**1/2 teaspoon table salt**

**1/2 teaspoon black pepper**

**1 jar (10.5 ounce) red pepper jelly**

**1 bottle (18 ounce) hickory-flavor barbecue sauce**

**1 medium onion, chopped**

**2 cans (16 ounce ea) pinto beans, drained and rinsed**

Cut the ribs apart. Sprinkle evenly with garlic powder, salt and pepper. Place the ribs in a single layer in a broiler pan lined with aluminum foil.

Broil 5-1/2 inches from the heat for 9 to 10 minutes on each side or until browned.

In a small bowl, whisk together the jelly and barbecue sauce until blended.

In a five-quart slow cooker, combine the ribs, sauce mixture and onion. Cover and cook on LOW for six hours. Add the beans. Cover and cook for one hour more.

Remove the ribs and drain the bean mixture, reserving the sauce. Skim the fat from the sauce. Transfer the bean mixture to a serving platter. Top with the ribs. Serve with the sauce.

## **Pork**

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*Per Serving (excluding unknown items): 171 Calories; 1g Fat (2.9% calories from fat); 10g Protein; 32g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 151mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.*