

# **Sticky Barbecued Ribs**

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**Servings: 12**

**Preparation Time: 20 minutes**

**Start to Finish Time: 2 hours 50 minutes**

**1/4 cup chili powder**

**1 tablespoon garlic powder**

**2 teaspoons dry mustard**

**1 teaspoon celery seeds (optional)**

**1/2 cup firmly packed brown sugar**

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**1 teaspoon Kosher salt**

**1 teaspoon black pepper, divided**

**8 lbs. ( 5 to 6 racks) baby-back ribs**

**1 cup ketchup**

**1/4 cup cider vinegar**

**2 tablespoons molasses**

**2 tablespoons Worcestershire sauce**

Preheat oven to 275 degrees.

In a small bowl, combine the chili powder, garlic powder, dry mustard, celery seeds, 1/2 cup of the brown sugar, salt and 1/2 teaspoon pepper.

Divide the ribs between two rimmed baking sheets and rub with the spice mixture. Tightly cover the baking sheets with foil and bake until the meat is tender and easily pulls away from the bone, about 2 to 2 1/2 hours.

In a small bowl, whisk together the ketchup, vinegar, molasses, Worcestershire, one tablespoon of brown sugar and 1/2 teaspoon of pepper.

Heat grill to medium-high.

Grill the ribs, basting with the sauce and turning occasionally, until beginning to char, about 5 or 6 minutes.

Cut into pieces before serving.

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Per Serving (excluding unknown items): 83 Calories; 1g Fat (5.6% calories from fat); 1g Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 449mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.