

Spicy Beef Back Ribs

A spicy sauce made with chili sauce and crushed red pepper flakes give these Beef Back Ribs amazing flavor.

INGREDIENTS

5 pounds beef Back Ribs, cut into 2 to 4 rib sections

1 tablespoon vegetable oil

1-1/2 cups finely chopped onion

1 tablespoon minced garlic

1 to 1-1/2 teaspoon crushed red pepper flakes

1-1/2 cups chili sauce

½ cup water

3 tablespoons fresh lemon juice

1/2 teaspoon salt



1.50
Hours



6
Servings



42 Cal



30g
Protein

COOKING

1. Heat oil in medium saucepan over medium high heat until hot. Add onion, garlic and pepper flakes; cook and stir 4 to 5 minutes or until onion is tender. Add chili sauce, water and lemon juice; bring to a boil. Reduce heat and simmer 5 minutes, stirring frequently. Season with salt. Reserve 1/2 cup sauce for basting.

2. Prepare charcoal grill for indirect cooking by igniting an equal number of charcoal briquets on each side of fire grate, leaving open space in the center. When coals are medium, ash-covered (25 to 30 minutes), add 3 to 4 new briquets to each side. Position cooking grid with handles over coals so additional briquets may be added when necessary.

3. Place ribs, meat side up, in large (16-1/8 x 11-3/4 x 2-7/8 inches) foil roasting pan. Pour remaining sauce over ribs; turn ribs to coat. Cover tightly with aluminum foil; place foil pan on cooking grid. Cover with grill lid and grill over medium heat 1 to 1-1/2 hours or until ribs are fork-tender. Carefully remove roasting pan from grill; remove ribs from pan and place, meat side up, on grill rack. Baste ribs with reserved sauce; grill, covered, 10 to 15 minutes, turning and basting once.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		17g	86mg		25g	30g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

