

Food.

SHOULD BE ILLEGAL OVEN BBQ RIBS

Recipe by Beverly Carson

After not being able to find restaurant ribs that satisfied my hot sweet appetite, I carefully attempted various combinations of flavors until I found one that I and my family thought was perfect. Hope you enjoy them too.



READY IN: 1hr 10mins

SERVES: 4-6

YIELD: 3 lbs Ribs

UNITS: US

INGREDIENTS

- 3 lbs pork back ribs
- 1 (8 ounce) jar honey
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- 2 tablespoons Old Bay Seasoning
- ½ teaspoon onion powder

- ¼ **teaspoon celery salt**
- ½ **cup dark brown sugar**
- ¼ **teaspoon fresh ground pepper**
- 1 **medium onion, grated or finely chopped**
- 12 **ounces barbecue sauce**
- ¼ **cup white sugar**

NUTRITION INFO	
Serving Size: 1 (373) g	
Servings Per Recipe: 4	
AMT. PER SERVING	% DAILY VALUE
Calories: 1245.1	
Calories from Fat 504 g	41 %
Total Fat 56 g	86 %
Saturated Fat 19.7 g	98 %
Cholesterol 234.7 mg	78 %
Sodium 1113.2 mg	46 %
Total Carbohydrate 124 g	41 %
Dietary Fiber 1.7 g	6 %
Sugars 111.5 g	445 %
Protein 65.7 g	131 %

DIRECTIONS

Place all ingredients together in large roasting pan (i use bottom of turkey roaster).

Cut ribs apart for easier serving.

Mix together making sure to coat all ribs with this semi-dry paste.

Spread ribs out evenly on bottom of pan.

cover lightly with foil.

Bake at 375 degrees for approximately 1 hour.

Turning or stirring occasionally.

You can use broiler for these ribs, just watch more closely, and adjust cooking time.

These ribs are also great finished on the grill for a few minutes on each side.