
Barbecued Baby Back Ribs

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 2 hours 15 minutes

6 full racks of baby back ribs

salt and pepper, to taste

1/4 cup water

64 ounces Sendik's BBQ Sauce

1 large sweet onion

Salt and pepper top and bottom of the ribs. Place in a baking pan, add 1/4 cup of water mixed with a tablespoon of barbecue sauce and cover with aluminum foil. Place ribs in a 350 degree oven for about 2 hours. When ribs are tender, brush with barbecue sauce and grill or brown under a broiler.

To make sauce, sauté onions until soft and then add barbecue sauce. Simmer until thick.

Beef/Veal Entrees

Per Serving (excluding unknown items): 7 Calories; trace Fat (3.4% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable.

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