

Pork Ribs



Ingredients

Makes 2 Servings

- 1 Rack of Pork Back Ribs
- 1/4 cup Diane's BBQ Sauce
- 1/2 cup Sugar Free BBQ Sauce (any brand)
- 2 Tbsp Coconut Sugar
- 2 Tbsp No Sugar Added Ketchup
- 1/2 cup Water
- 1/2 tsp Pink Himalayan Salt
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Chili Powder
- 1 Tbsp Franks Hot Sauce (optional)

Directions

1. Cut ribs into 2-4 pieces and place in boiling water for 20 minutes
2. While ribs are boiling, combine all other ingredients for sauce in a medium sized bowl and stir until smooth
3. Remove ribs from water with tongs and place in slow cooker
4. Cover ribs in mixed sauce
5. Cook for 4 hours on LOW
(Turn over halfway if possible and add more sauce)

This meal pairs nicely with rice, seared peppers or any veggie!

