
Slow Cooker BBQ Ribs - Chinese Style

Sendik's Fine Foods

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

Moist, flavorful and ready to eat when you get home!

1/4 cup soy sauce

1/4 cup orange marmalade (or apricot jam)

1 tablespoon ketchup

2 cloves garlic, minced

1 (2-3 pounds) full rack of baby back pork ribs

In a small bowl combine first 4 ingredients to make marinade, brush over ribs. Place ribs in a slow cooker/crock-pot, pour remaining sauce over top over ribs and cover. Cook on low for 8 to 10 hours. Enjoy!

Serving Ideas: Serve with your favorite rice or noodle side dish.

Pork/Lamb Entrees

Per Serving (excluding unknown items): 63 Calories; trace Fat (1.7% calories from fat); 4g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4294mg Sodium. Exchanges: 2 Vegetable; 1/2 Other Carbohydrates.

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