



Memphis Style Ribs

Ingredients

- ½ cup white vinegar
- ½ cup water
- 2 racks pork baby back ribs (about 5 pounds)

Dry Rub Spice Blend

- 3 tablespoons smoked paprika
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 2 teaspoons coarsely ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- 1 teaspoon ground mustard
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon celery salt
- ¾ teaspoon cayenne pepper

Instructions

Step 1: Prep the Vinegar Mixture

In a small bowl, combine the white vinegar and water. Using a brush, lightly coat both sides of the ribs with this mixture. Pour the remaining vinegar mixture into the bottom of a 6-quart slow cooker.

Step 2: Mix the Seasoning

In a separate bowl, mix together all the dry rub ingredients. Sprinkle half of the spice mixture evenly over both sides of the ribs. Reserve the other half for later.

Step 3: Prepare the Ribs for Cooking

Cut the seasoned ribs into serving-sized portions (2–3 ribs per piece) and arrange them in the slow cooker, bone-side down.

Step 4: Slow Cook

Cover and cook on low for 5–6 hours, or until the ribs are tender and the meat is pulling away from the bones.

Step 5: Finish and Serve

Carefully remove the ribs from the slow cooker and set aside. Skim any fat from the cooking juices.

Using a clean brush, generously coat the ribs with the skimmed juices. Sprinkle with the reserved seasoning mix for extra flavor. Serve with remaining juices on the side.

Nutrition Facts (per serving)

- Calories: 509
- Fat: 35g (13g saturated)
- Cholesterol: 136mg
- Sodium: 1,137mg
- Carbohydrates: 8g (5g sugars, 2g fiber)
- Protein: 38g