



Slow cooked BBQ pork Ribs

Ingredients

- 4 pounds boneless country-style pork ribs
- 2 cups ketchup
- ¼ cup packed brown sugar
- ¼ cup maple syrup
- ¼ cup prepared mustard
- ¼ cup reduced-sodium soy sauce
- 2 tablespoons lemon juice
- 2 teaspoons dried minced garlic
- ⅛ teaspoon black pepper

Instructions

Step 1: Prepare the Ribs

Place the pork ribs in a 5- to 6-quart slow cooker in an even layer.

Step 2: Make the Sauce

In a medium bowl, whisk together the ketchup, brown sugar, maple syrup, mustard, soy sauce, lemon juice, garlic, and pepper until fully combined.

Step 3: Cook Low and Slow

Pour the sauce evenly over the ribs. Cover and cook on **low** for **7–9 hours**, or until the meat is tender and easily pulls apart with a fork.

Step 4: Serve

Carefully remove the ribs and keep warm. Skim excess fat from the sauce in the slow cooker. Serve the ribs with the sauce spooned over the top or on the side.

Nutrition Facts (per 1 piece)

- **Calories:** 480
- **Fat:** 21g (8g saturated)
- **Cholesterol:** 130mg
- **Sodium:** 1,247mg
- **Carbohydrates:** 31g (29g sugars)
- **Fiber:** 0g
- **Protein:** 40g

