

Barbecued Ribs

A delicious blend of flavours in tender ribs.

Cooking oil	3 tbsp.	50 mL
Pork side spareribs, cut into 3 – 4 bone portions	4 lbs.	1.8 kg
Large onion, chopped	1	1
Ketchup	1 cup	250 mL
Water	1 cup	250 mL
White vinegar	1/2 cup	125 mL
Brown sugar, packed	1/2 cup	125 mL
Worcestershire sauce	1 tsp.	5 mL
Salt	1 tsp.	5 mL

Heat cooking oil in large frying pan on medium-high. Add spareribs. Cook, in batches, for about 5 minutes, stirring often, until browned. Transfer to large roaster.

Combine remaining 7 ingredients in medium bowl. Pour evenly over spareribs. Cover. Bake in 350°F (175°C) oven for 1 1/2 hours. Remove cover. Bake for 15 to 30 minutes until tender. Serves 8.

1 serving: 552 Calories; 35.7 g Total Fat (16.2 g Mono, 4.4 g Poly, 11.9 g Sat); 117 mg Cholesterol; 25 g Carbohydrate; 1 g Fibre; 32 g Protein; 813 mg Sodium

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