

Easiest Ribs

The heavenly aroma of these effortless ribs will have your whole family clamouring for a taste. For best results, use well-trimmed ribs.

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| Fancy (mild) molasses | 1/3 cup | 75 mL |
| Low-sodium soy sauce | 1/3 cup | 75 mL |
| Garlic cloves, minced (or 3/4 tsp., 4 mL, powder) | 3 | 3 |
| Dried crushed chilies | 1/4 tsp. | 1 mL |
| Sweet-and-sour-cut pork ribs, trimmed of fat and cut into 1 bone portions | 3 1/2 lbs. | 1.6 kg |

Combine first 4 ingredients in 3 1/2 to 4 quart (3.5 to 4 L) slow cooker.

Add ribs. Stir until coated. Cook on Low for 7 to 8 hours or on High for 3 1/2 to 4 hours, stirring occasionally. Serves 6.

1 serving: 527 Calories; 38.8 g Total Fat (16.8 g Mono, 3.6 g Poly, 14.7 g Sat); 128 mg Cholesterol; 14 g Carbohydrate; trace Fibre; 29 g Protein; 561 mg Sodium

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