


BBQ Ribs

 5 ingredients  4 hours  8 servings

Directions

1. If you haven't already, make our Cleaned Up BBQ Sauce according to the recipe.
2. Place your ribs in the slow cooker and use a brush to paint them with half of the Cleaned Up BBQ Sauce. Cook on low for 6 - 8 hours, or high for 4.
3. When ready to eat, preheat grill over medium heat.
4. Toss your asparagus with olive oil and season with sea salt and black pepper to taste.
5. Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with remaining Cleaned Up BBQ Sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 - 10 minutes or until bright green.
6. Remove ribs and asparagus from grill and divide onto plates. Enjoy!

Notes

No Ribs Use wings, chicken breast or drumsticks instead.

Ingredients

8 servings	Cleaned Up BBQ Sauce (divided)
4 lbs	Pork Ribs
12 cups	Asparagus (woody ends snapped off)
2 tbsps	Extra Virgin Olive Oil (chopped)
	Sea Salt & Black Pepper (to taste)

678 Calories

Per Serving	% Daily Value
Fat 34g	52%
Carbs 33g	11%
Fiber 6g	24%
Sugar 25g	0%
Protein 61g	122%