## **Dry Rub Pork Ribs**



#### Makes:

8 servings

### **Utensil:**

Smokeless Broiler small mixing bowl

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Recipe:

## **Contributed By:**

Cathy Vogt Certified Health Coach & Natural Foods Chef Write a Review

# **Recipe Description:**

Rub pork ribs with an easy blend of spices and seasonings and let the flavors infuse into the meat. Grill pork on the Smokeless Broiler until crispy and caramelized.

## Saladmaster seasoning blends are limited edition.

```
3\frac{1}{2} pounds
       baby back pork ribs, trim off excess fat
(1.6)
kg)
     2 tablespoons
Grand Canyon seasoning blend
(18
g)
     1 teaspoon
cumin powder
(2
g)
     1 teaspoon
paprika powder
(2
g)
barbecue sauce (optional)
```

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#### **Directions:**

- 1. Trim excess fat and thin white skin off of the back of ribs.
- 2. In a small bowl, mix together seasoning blend, cumin and paprika.
- 3. Rub spice mixture all over ribs on both sides. Cover ribs and cure in refrigerator for 4 8 hours or overnight.
- 4. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
- 5. Plug in cord to electrical outlet and preheat for about 5 minutes.
- Cook ribs on grill rack, in 2 batches so grill is not overcrowded, for 45 - 60 minutes, turning every 15 - 20 minutes to brown evenly. Meat will easily come off of the bones when they are done and tender.
- 7. Serve ribs as is, with a side of barbecue sauce, or brush with your favorite barbecue sauce in the last 10 15 minutes of cooking.

### Tips:

- Add water to bottom of broiler pan as needed during cooking.
- Serve ribs with any of your favorite accompaniments: corn on the cob, baked beans, corn bread, or coleslaw.
- · Left over ribs can easily be reheated.

### Nutritional Information per

\*Serving

Calories: 446
Total Fat: 33g
Saturated Fat: 12g
Cholesterol: 137mg
Sodium: 301mg
Total 0g

Carbs:

Dietary Fiber: 0g Sugar: 0g Protein: 38g

Analysis does not include barbecue sauce