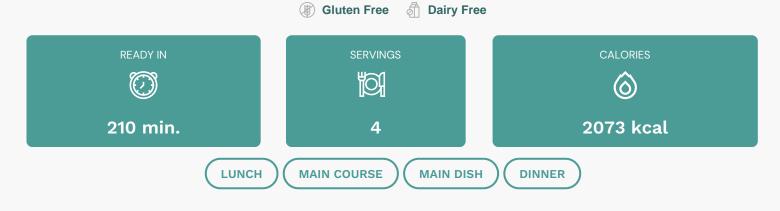


# Smoky Sweet Spareribs With Sauce and Beans



## **Ingredients**

1.3 cups chicken broth

0.5	5 cup apple cider vinegar
56	ounces baked beans pit style for the crock pot (recommended Rock & Roll BBQ Beans )
0.5	5 tablespoon pepper black
1 d	ash pepper black
3 t	ablespoons brown sugar
3 t	ablespoons brown sugar
1d	ash ground pepper

	0.3 cup plus
	1 garlic clove minced
	0.5 teaspoon garlic powder
	1 teaspoon ground mustard
	1 teaspoon hot sauce (recommended Got the 2bleu's Hot Sauce)
	0.3 cup catsup
	1 dash kosher salt
	1 teaspoon juice of lemon
	2 tablespoons brown sugar light
	2 tablespoons brown sugar light
	2 tablespoons blackstrap molasses
	2 cups onion chopped fine
	0.5 teaspoon onion powder
	2 tablespoons paprika
	3 lbs fries
	4 ounces root beer
	0.5 tablespoon salt
	2 lbs spare ribs louis style (1 full rack St ribs)
	3 ounces tomato paste
	2 teaspoons vegetable oil
_	*
Eq	uipment
	frying pan
	sauce pan
	knife
	blender
	grill
	aluminum foil
	skewers

## **Directions** WET SAUCE: In a heavy duty medium-sized saucepan, heat oil over medium heat. Add onion and garlic and simmer about 3 minutes. Add remaining sauce ingredients and stir to blend. Reduce heat to simmer and continue cooking, uncovered, for 2 hours or until reduced by half or to desired consistency. Let cool, then using an emulsifier (or use a blender), blend to a smooth consistency. This makes about 2 1/2 cups of wet sauce. Soak Hickory chips in water for at least 30 minutes. Meanwhile, prep ribs and grill.DRY RUB & RIB PREP: Clean ribs by rinsing in water. With a sharp knife, stab several times into the membrane/tissue that is on the less meaty side of the ribs (this will help the meat absorb the smoke). Make a 1" slice at the top of the ribs in between each bone (for easier cutting after they're done). Mix dry rub ingredients together and rub onto both sides of rib racks. Cover and refrigerate while you prepare the grill (can also be done the night before). GRILL PREP: Start coals in a chimney starter, when ready, spread coals onto bottom rack on 2 sides of the grill (leaving a space in the middle) and place a disposable drip pan in the center. Place 3/4 of the wood chips over coals then place cooking rack in position. Place ribs (meat side up) onto center of grill over drip pan. Place a sheet of foil snugly over the tops of the ribs. Place cover over grill and open vent directly above the position of the ribs. Cook for 1 hour. Turn ribs over, and cook an additional hour adding the remaining wood chips (and more coals if necessary). Have a sheet of heavy duty foil ready (large enough to encase the ribs). Remove ribs from grill and onto the foil. Place beans in a disposable foil pan. Stir in 1 cup of the wet sauce. Cover with HD foil and using a thin skewer, poke holes in the top. Place the beans on top of the disposable pan that's under the ribs to heat and smoke beans. Place the rib packets on the grill. Cover with vent over ribs and cook 30-45 minutes more. Remove ribs from packet and cut double ribs for serving. Take the crunchy brown/burnt edges and chop up coarsely. Add them to the beans and stir. Serve ribs with beans and side of remaining sauce.

## **Nutrition Facts**

### **Properties**

Glycemic Index:107, Glycemic Load:90.53, Inflammation Score:-10, Nutrition Score:60.453043854755%

#### **Flavonoids**

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.01mg, Apigenin: 0.01mg, Api

### Nutrients (% of daily need)

Calories: 2073.39kcal (103.67%), Fat: 97.5g (150%), Saturated Fat: 30.3g (189.38%), Carbohydrates: 257.77g (85.92%), Net Carbohydrates: 216.77g (78.83%), Sugar: 66.06g (73.4%), Cholesterol: 156.36mg (52.12%), Sodium: 4978.34mg (216.45%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 58.13g (116.26%), Fiber: 40.99g (163.98%), Manganese: 2.88mg (143.95%), Potassium: 3777.43mg (107.93%), Vitamin B6: 2.12mg (106.09%), Phosphorus: 989.16mg (98.92%), Vitamin B3: 18.46mg (92.29%), Selenium: 61.11μg (87.3%), Iron: 15.27mg (84.84%), Zinc: 11.63mg (77.51%), Vitamin B1: 1.07mg (71.62%), Magnesium: 280.48mg (70.12%), Copper: 1.34mg (66.76%), Folate: 240.48μg (60.12%), Vitamin C: 42.18mg (51.12%), Vitamin B2: 0.83mg (48.75%), Vitamin A: 2144.81lU (42.9%), Calcium: 364.03mg (36.4%), Vitamin B5: 3.6mg (36.03%), Vitamin D: 3.65μg (24.34%), Vitamin E: 3.02mg (20.12%), Vitamin K: 11.51μg (10.96%), Vitamin B12: 0.62μg (10.32%)