



BBQ Ribs

4 servings

4 hours

Ingredients

- 1 cup Barbecue Sauce (divided)
- 2 lbs Pork Ribs
- 6 cups Asparagus (woody ends snapped off)
- 1 tbsp Extra Virgin Olive Oil (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	609
Fat	29g
Saturated	6g
Carbs	36g
Fiber	5g
Sugar	26g
Protein	51g
Cholesterol	132mg
Sodium	829mg

Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 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 the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ribs: Use wings, chicken breast or drumsticks instead.