

Instant Pot Smoky BBQ Spare Ribs or Chicken Wings

PREP TIME:

10 minutes

COOKING TIME:

40 minutes total

SERVES:

6

INGREDIENTS:

1/2 cup cider vinegar + 1/2 cup water

3 1/2 lbs pork spare ribs / 4 lbs chicken wings

1 Smoky BBQ Slow Cooker Spice Blend™

Your favorite BBQ sauce **or**

optional BBQ sauce:

1/2 cup ketchup

1 tsp Worcestershire sauce

2 tbsp brown sugar

4 tsp dijon mustard

PREPARE RIBS:

place trivet in Instant Pot, add cider vinegar and water to the Instant Pot

rub ribs with Smoky BBQ blend and stack on trivet, or if they are in a single rack arrange around the edge

secure the Instant Pot lid and pressure valve to Sealing

press the Manual / Pressure Cook button, adjust the cook time to 25 minutes

once cooking is complete leave to Natural Pressure Release for 10 minutes, then Quick Pressure Release

remove ribs and leave to rest

drain all but 1 tbsp of the juices from the bottom of the Instant Pot

turn on sauté function and add BBQ sauce ingredients until heated through & combined

brush the ribs with BBQ sauce and serve

serve with jalapeño cornbread, wilted collard greens or coleslaw

PREPARE CHICKEN WINGS:

place trivet in Instant Pot, add cider vinegar and water to the Instant Pot

rub wings with Smoky BBQ blend and stack on trivet

secure the Instant Pot lid and pressure valve to Sealing

press the Manual / Pressure Cook button, adjust the cook time to 10 minutes

once cooking is complete leave to Natural Pressure Release for 5 minutes, then Quick Pressure Release

transfer wings to a foiled baking tray
*if broiling

drain all but 1 tbsp of the juices from the bottom of the Instant Pot

turn on sauté function and add BBQ sauce ingredients until heated through & combined

*if broiling brush wings with BBQ sauce, broil for 5 minutes

serve with jalapeño cornbread, wilted collard greens or coleslaw

