

- Easy No Sweat Recipe -

'Blow Your Mind' Beef Ribs

You'll be licking the plate and gnawing on the bones!

Serves 4-5 with no leftovers

4-5 lbs of beef side ribs or short ribs

1/3 cup or more **Flaming Toque Blend & Rub**

1 1/2 cups of your favourite BBQ sauce

1 1/2 cups dark beer such as stout

1. Set a large slow cooker to the low setting, or preheat your oven to about 275°F. Grease a large crock pot with a lid if using the oven.

2. Before you cut the rack into individual ribs, remove the membrane on the back side - highly recommended. Watch this YouTube video on how to do this. It's easy! <https://www.youtube.com/watch?v=C-Wxg7CZyGg>

3. Cut the rack into individual ribs.

4. Rub each rib on all sides with a generous amount of **Flaming Toque Blend & Rub**. As you finish each rib, place it into the slow cooker or crock pot.

5. In a medium bowl, mix together the BBQ sauce and beer. Whisk well. Pour into the pot with the ribs being careful not to spill the liquid onto the ribs. The sauce will not cover all the ribs.

6. Cover and slow cook or bake 4-5 hours, or until tender and just beginning to fall off the bone.

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Kitchen Hero Tip!



Never boil ribs before cooking. Boiling takes away so much flavour. Instead, rely on long slow cooking to make the meat tender and beefy.