

Barbequed Short Ribs

Serves 6-8 people.

Place 10-12 short ribs in slow cooker. Pour in 1-2 cups water (depending on how much sauce you want). Turn on high and cook for about 6 hours.

Pour 1 ½ cups sauce on top of ribs and stir enough to coat all the ribs with the sauce and broth from cooking. Turn down to low, and let cook for 1-2 hours longer. Putting the sauce in before the meat is completely done cooking allows the broth/juices from the ribs and the barbeque sauce to combine and makes a delicious sauce!

Pour on as much or as little of the sauce as desired on top of ribs when serving.

We recommend the homemade barbeque sauce because it is so much better for you. But we included the very simple barbeque sauce as an alternative. Maximized Living has a Xylitol-based barbeque sauce but we have not tried it.

A Knight family favorite is to use leftover sauce on top of scrambled eggs.

Homemade Barbeque Sauce

Yield: about 3 ½ cups sauce

Time: preparation 30 min, cooking 60 min; 1 ½ hours total

Ingredients:

- 4 T. unsalted butter
- 1 cup finely chopped onion
- 3 cloves garlic, finely chopped
- 1 ¼ t. paprika
- ½ t. Bragg's Liquid Aminos
- 1 t. dry mustard
- 1 t. sea salt
- ¼ t. black pepper
- 1/8 t. cayenne pepper
- 1 (6 oz.) can tomato paste
- 2 cups water
- ½ T. apple cider vinegar
- 1 cup honey
- 2 T. molasses

Directions:

In a medium size non-reactive saucepan set over medium- high heat, melt the butter. Add the onions and cook until they are very soft, about 4 minutes. Add the garlic, paprika, Liquid Aminos, ground mustard, salt, black pepper, and cayenne pepper. Cook for 2 minutes. Add the tomato paste and cook, stirring frequently, for 2 minutes, or until the tomato paste begins to brown. Add the water, cider vinegar, honey, and molasses and stir to combine. Reduce the heat to low and cook until the sauce has thickened and the flavors have come together, about 1 hour.

Set aside to cool before using. The sauce may be made up to one week in advance and refrigerated in an air tight, non-reactive container. This makes the flavor better, as the ingredients have time to blend together.

Barbeque Sauce (with ketchup)

Yield: about 1 ½ cups sauce

Preparation time: 10 minutes

Ingredients:

- 1 cup ketchup
- 4 T. mustard
- 4 T. honey
- ½ t. garlic powder
- 1 t. onion flakes
- Stir all ingredients together.

Recipe by Knight Family Farm