

American Sticky Ribs



INGREDIENTS – WHAT YOU NEED

1 rack of ribs – beef or pork



2/3 cup of tomato puree (about ½ can)



1 cup of brown sugar



3 tablespoons Worcestershire sauce



1 tablespoon vinegar



BETTER THAN BEANS

1 teaspoon chilli flakes (or more or none!)



1½ teaspoons smoky paprika



2 cloves of garlic



BETTER THAN BEANS

METHOD – HOW TO COOK

Line a baking tray with foil and baking paper.



Preheat your oven to 190°C.



Put your ribs on the baking tray.



Crush 2 cloves of garlic.

Finely chop.

Put in a mixing bowl.



BETTER THAN BEANS

Put in the mixing bowl with the garlic:

- ½ can tomato puree ~2/3 cup
- 1 cup of brown sugar
- 3 tablespoons Worcestershire sauce
- 1 tablespoon vinegar
- ½ teaspoon chilli (or none)
- 1 ½ teaspoons paprika
- plenty of salt and pepper



Mix everything together well.

This is your sticky marinade.

Pour the marinade on the ribs.



BETTER THAN BEANS

Put the ribs in the oven.

Cook for 45 – 60 minutes.

Turn over 2-3 times during the cooking time.



When ribs are brown take out of the oven.



Serve with potato salad or coleslaw.