



# Fall Off The Bone Ribs



prep time  
15 minutes



total time  
3 hr, 30 min



servings  
4-6

## Ingredients

### Ribs

- 3 pounds baby back ribs  
~ 35 protein servings, 14 fat servings
- 2 tablespoons BBQ Rub (store bought or see below for recipe)
- 1/2 cup Apple Juice (negligible)
- 1/2 cup **Street Parking BBQ Sauce**  
~ 1/2 serving veggies

### BBQ Rub (mix together to combine)

- 1/4 cup brown sugar
- 2 teaspoons kosher salt
- 2 teaspoons black pepper
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground mustard
- 1/2 teaspoon cinnamon
- 1/2 teaspoon celery salt
- 1/4 teaspoon cayenne pepper

# summer favorite

## Instructions

- 1 Preheat oven to 300 degrees F.
- 2 Remove the membrane from the back side of the ribs. Pat dry, then cover the meaty side of the ribs in BBQ rub. Press into meat to coat.
- 3 Place 2 large pieces of heavy aluminum foil on top of each other on a large baking sheet. Cut the ribs into 2-3 racks. Whatever you need to get the ribs to fit on top of the aluminum foil with meat side up. Turn the sides of the foil up to create a boat then pour apple juice in the boat. Cover with another piece of foil on top and pinch to fold the sides and create a packet.
- 4 Place in the oven to bake for 3 hours. Yes, 3.
- 5 Remove from the oven. The meat should be fork tender and ready to fall off the bone. Turn on the broiler. Use a brush to top ribs with



however much BBQ sauce you prefer, then place in the oven and broil for 5-10 minutes or until the sauce begins to brown. You could also use high heat on the BBQ for a few minutes instead of broiling in the oven - whatever you prefer!

- 6 Cut ribs and eat up! We recommend pairing this with our **Street Parking Coleslaw** recipe!

Whole Recipe Breakdown:  
35 Servings Protein  
0 Servings Carb  
14 Servings Fat  
0.5 Servings Veggies

