Smoky Rhubarb BBQ Ribs – Low Carb and Gluten Free



★★★★★ *5 from 4 reviews*

These sugar free smoky rhubarb BBQ ribs are packed with flavor! Tangy, sweet, and a little spicy from the chipotles, you won't be able to stop eating these! The sauce is also great for chicken!

Author: Mellissa Sevigny
Yield: 6 servings, approx 2 ribs each
Category: Main Dish
Cuisine: American

INGREDIENTS

FOR THE BBQ SAUCE:

- 2 cups raw rhubarb, chopped
- 1/4 cup chipotles in adobo sauce
- 1/3 cup granulated sugar substitute (I used Swerve)
- 1/3 cup apple cider vinegar
- 1/2 cup water
- 1/2 tsp mustard powder
- 1 tsp allspice
- 1 tsp onion powder
- 3/4 tsp kosher salt
- 1/8 tsp ground cloves
- 2 Tbsp sugar free ketchup
- 1 Tbsp avocado or coconut oil
- 1 tsp paprika
- 1 tsp ground ginger
- 1/4 tsp ground coriander
- 1/4 tsp garlic powder
- 1 tsp fish sauce

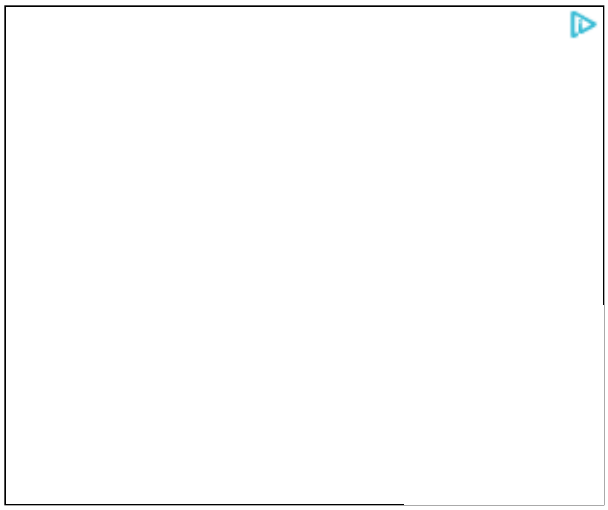
FOR THE RIBS:

- 1 large rack of pork ribs
- 1.5 Tbsp kosher salt
- 1/2 tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp allspice
- 1/2 tsp ground coriander

INSTRUCTIONS



1. Combine the rhubarb, chipotle, sweetener, apple cider vinegar, and water in a medium saucepan. Bring to a boil and then simmer for 10 minutes.
2. Puree the mixture (a hand held immersion blender works best for this) and return to the stove.
3. Add the mustard powder, allspice, onion powder, salt, ground cloves, ketchup, oil, paprika, ginger, coriander, garlic powder, and fish sauce to the pan and stir well until combined.
4. Cook over low heat for another 5 minutes.



FOR THE RIBS:

1. Combine all of the rib spices together and mix thoroughly. Sprinkle generously on all sides of the ribs. Place the seasoned rack in a pan (you can line it with parchment or foil if you desire) and bake in a 350 degree oven for 2 hours (3 hours if it's a really thick rack.)
2. Remove ribs from the oven and baste with a layer of BBQ sauce.
3. Return to the oven and bake for 30 minutes.
4. Reduce oven temperature to 325 degrees.
5. Remove the ribs from the oven and baste with another layer of BBQ sauce.
6. Return to the oven and bake for 30 minutes.
7. Remove the ribs from the oven and baste with another layer of BBQ sauce.
8. Return to the oven and bake for 30 minutes.
9. Check to see if the middle of the ribs will cut easily. If there is still resistance and they aren't coming apart easily, baste again and cook for an additional 30 minutes or until done to your liking.

NOTES

Approx. nutrition info per serving: 405 calories, 31g fat, 2g net carbs, 27g protein

***Find it online**: https://www.ibreatheimhungry.com/smoky-rhubarb-bbq-ribs-low-carb-and-gluten-free/*

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