

# Smokeless Ribs

**Servings: 1**

**Yield: 1 rack**

*1 each baby back Rib Rack*

*1 fluid ounce salt*

*1 tablespoon pepper*

*1 tablespoon dark brown sugar*

*1 teaspoon cumin*

*1 teaspoon chili powder*

*1/2 teaspoon oregano*

*3 fluid ounces Pork Dry Rub,  
prepared*

*1 each coca cola , mini can*

*4 fluid ounces bbq sauce, prepared*

Dry and pull off membrane and season with salt pepper then dry rub

Double fold foil and wrap rack leaving an opening at the end

place in oven for 45mins at 225

Remove from oven and pour cola and bbq sauce down the opening and fold to seal.

Place back in over for 2 hours

remove pour off cooking liquid and reduce in a sauce pot by 50% pour over hot ribs

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Per Serving (excluding unknown items): 86 Calories; 1g Fat (10.5% calories from fat); 1g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12827mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.