

From: Nancy Greenwald <ngreenwald@aol.com>  
Subject: Re: Crystal  
Date: February 25, 2010 11:04:27 AM GMT-07:00  
To: <mccdstetsonou812@cox.net> <mccdstetsonou812@cox.net>



Here's the recipe:

**Ribs in the slow cooker**

2 slabs of baby back ribs (about 4 pounds) Get them at Trader Joe's. They are well trimmed and the best. However, I only seem to find them at the Tatum and Shea location. The other TJ's said they would get them if I called and asked.

Cut each slab into three pieces. Marinate ribs overnight in beer in a covered dish. I used 2 cans per slab.

In the morning, take ribs out of beer and discard beer. Pat ribs dry and rub with McCormicks Sweet and Smoky Rub.

Brown ribs on meaty side in frying pan.

Slice a sweet onion and place in bottom of cooker.

Place ribs standing on bone edges in crockpot with meaty part facing out.

Cover and cook on low for 8 hours.

Remove ribs from cooker and discard onion and liquid. Brush ribs with BBQ sauce. Put back in cooker and add a little more sauce. I used Trader Joe's Bold and Smoky Kansas City Style BBQ Sauce - it was great!

Let cook on low for another 30-45 minutes.

On Feb 25, 2010, at 8:59 AM, <[mccdstetsonou812@cox.net](mailto:mccdstetsonou812@cox.net)>  
<[mccdstetsonou812@cox.net](mailto:mccdstetsonou812@cox.net)> wrote:

| Hello Nancy here is my email address thanks Crystal