

Print and cut out recipe label, then tape onto freezer bag

Boneless BBQ Pork Ribs

Date:

Additional Ingredients:

- None

freezermealprep.pro

Slow Cooker:

- Thaw the meal overnight in the fridge.
- Spray the pot with non-stick cooking spray.
- Dump out the onion from the bag and lay them evenly on the bottom of the pot. Add meat to pot.
- Cover and cook on low for 8-10 hours or on high for 4-6 hours until the meat is tender and falls apart easily.

Pressure Cooker:

- Empty the frozen contents of bag into a pressure cooker, and add 1/4 cup liquid.
- Turn the pressure to high and cook for 45 minutes, with natural pressure release.

Additional Instructions:

- Turn the oven onto a high broil.
- Gently remove ribs from the pot and place them on a baking sheet lined with parchment paper. Generously baste the ribs with your favorite BBQ sauce, if desired.
- Broil the ribs on the top rack of the oven for 5-7 minutes until the ribs are browned and crispy.
- Serve with rice, baked beans, Mac and Cheese, or starchy vegetable such as corn on the cob and baked potatoes.