



MAPLE PORK RIBS

1lb. boneless country-style pork ribs, trimmed and cut into
3-inch pieces

2 tsps.canola oil

1 medium onion, sliced and separated into rings

3 tbsps. pure maple syrup

2 tbsps.spicy brown or Dijon mustard.

In a large skillet, brown ribs in oil on all sides. Drain.

(See reverse side)

Place ribs and onion in a 1-1/2 quart slow cooker.

Combine syrup and mustard; pour over the ribs. Cover and cook on low for 5-6 hours or until meat is tender.

Serves: 2

(Suggestion-Make additional syrup and mustard sauce. Heat to brush on the ribs when removed from the slow cooker or put in a side dish to brush on individually.)

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