



RECIPE NAME

FITCH'S FAMOUS
BBQ SHORT RIBS

INGREDIENTS

- 4-6 lbs Fitch Ranch Short Ribs
- Salt to taste
- Ground Pepper to taste
- 1/4 Cup Brown Sugar
- 1 Bottle BBQ Sauce
- 1 Cup Apple Juice or Apple Cider
- 4 Large Potatoes of any variety
- 1 8oz Package Baby Carrots
- 1 Large Yellow Onion
- 1 Small Can Tomato Paste
- 2 Tbsp Vegetable Oil

NUMBER OF SERVINGS

8-10 Servings

TIME TO
PREPARE

1-2 Days to thaw
short ribs
+
15 Minutes

TIME TO
COOK

4-6 Hours

TOOLS NEEDED

- Slow Cooker or Dutch Oven
- Knife
- Cutting Board
- Garlic Press (Optional)

PROCEDURE

Keep short ribs in the vacuum sealed packaging, and thaw in refrigerator for 1-2 days. If you need to thaw in a hurry- keep short ribs in packaging and run under COLD water for about 20 minutes.

Choose either a Dutch Oven or Slow Cooker.

Coat the bottom and sides of the pan with vegetable oil. (We pour about a teaspoon into the bottom of the pan and use a paper towel to coat the sides.)

If using a Dutch Oven- preheat your oven to 275F. If using a Slow Cooker- turn to Low for 6-8 hours.

Generously salt and pepper the ribs on all sides.

Mix 1 small can of tomato paste with 1 jar of your favorite BBQ Sauce and 1 Cup of Apple Juice. After you pour out the BBQ sauce, add about ½ cup of water into the empty BBQ sauce bottle or jar and shake – then add that water to the mix and set aside.

Brown Sugar – measure ¼ cup brown sugar
Onion- chop into desired size

Garlic (optional) use a garlic press to extract 1-2 cloves of garlic. You may also substitute ½ tsp Garlic Powder

Potatoes- we use the small gold potatoes. Wash and rinse and cut to desired size or if you are using small potatoes you may leave them whole.

Baby Carrots – 1 package

Add the ribs to the Dutch Oven or Slow Cooker and smother with the brown sugar, then pour on the BBQ/Tomato Paste mixture.

Mix together the Garlic, Onions, Potatoes and Baby Carrots –

then add the mix to the ribs in the pot. Cook in a Dutch oven for about 4 hours and in the slow cooker for about 6 hours.

Serve with Baked Beans and enjoy!