

Just Peachy Ribs

4-lbs. pork spare ribs

½ cup brown sugar

¼ cup ketchup

¼ cup white vinegar

1 garlic clove, minced

1 tsp. salt

1 tsp. pepper

2 Tbsp. soy sauce

15-oz. can peaches with juice/sauce

Oil for browning ribs (I usually use olive oil, but also enjoy coconut oil.)

Steps

1. Cut ribs in pieces just small enough to fit into pan and brown in broiler or saucepan in oil (I use a saucepan and oil). Drain oil. Place ribs in slow cooker.
2. Combine remaining ingredients. Pour over ribs.
3. Cover. Cook on Low for 8 to 10 hours.

Notes

This recipe can scale up to any size if you have a large enough slow cooker. Can also be done by cutting the time in half and cooking on high, but it's better when cooked slowly. The browning step could be skipped, but I recommend strongly against skipping it. Browning dramatically improves the texture and taste of the ribs.

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