

Easy Crockpot Beef Spare Ribs

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-chinese-spare-rib-recipe>

Ingredients:

- 2 pounds spare ribs beef
- 2 cups beef broth you can also use chicken broth, vegetable broth, or just water
- 7 ounces tomato paste can of
- 4 ounces diced green chiles can of
- 2/3 cup tomato sauce
- 2 broccolini bundles of
- 3 teaspoons avocado oil or olive oil works too!
- 3 tablespoons garlic powder –1 tbsp for broccolini, and the rest for the ribs
- 3 tablespoons onion powder
- 1 tablespoon broccolini
- paprika hint of
- salt
- pepper