

CrockPot Barbecue Beef Ribs

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 5 pounds ribs the ones pictured are English Short Ribs
- 1 bottle barbecue sauce favorite
- 1 yellow onion diced
- 8 cloves garlic smashed and chopped
- 2 green onions chopped
- 1 pinch black pepper

Nutrition:

1. Calories: 1390 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 340 milligrams
4. Fat: 79 grams
5. Fiber: 2 grams
6. Protein: 114 grams
7. SaturatedFat: 28 grams
8. Sodium: 1500 milligrams
9. Sugar: 31 grams

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