

Crockpot Pork Ribs or Chicken

After Sunday general conference, we had some family over for pork ribs. I made one crockpot of sweet ribs and one of savory. It was super easy preparation! They brought the salad and rolls, and we had ribs, corn, and wild rice. Julia came through with her fabulous caramel brownies. Lovely finish to a spiritually uplifting day!

Sweet version:

1 package of boneless pork ribs or enough chicken breasts for 1 per person (or half the group, if you are doing both the sweet and the savory at the same meal)
1 cup apricot or peach/mango/orange jam
1 cup diced onions (or 1 scoop dried onion)

Savory version:

1 package of boneless pork ribs
1 cup salad dressing, such as balsamic vinaigrette
1 cup diced onions (or 1 scoop dried onion)

Spray the inside of the crockpot with Pam (cooking spray). Rinse the ribs (or chicken breasts/thighs/tenders) and put them in. Dump the sauce and dried onions on top. Cover and cook on low or keep warm for 4-5 hours, depending on whether or not the ribs are frozen when you start. (If you have less time and the ribs are frozen hard, you can cook on high for 1 hour and then turn it down to low or keep warm for the rest of the time. Chicken will probably take less time.)

Serving Suggestion: Wild rice, salad, corn, rolls, brownies ☺