Asian Grilled Beef Ribs

Beef Back Ribs are marinated in an Asian mix and grilled to perfection in this flavorful recipe.



2.50	6	42 Cal	30g
Hours	Servings		Protein

INGREDIENTS

5 pounds beef Back Ribs

1/2 cup ketchup

1/3 cup Dijon-style mustard

1/3 cup hoisin sauce

1/4 cup finely chopped jalapeno pepper

2 tablespoon minced ginger

2 tablespoons water

2 tablespoons packed brown sugar

Chopped fresh cilantro (optional)

COOKING

1. Combine ketchup, mustard, hoisin, jalapeño pepper, ginger and water in small bowl; whisk until blended. Reserve 1/2 cup marinade for basting; add brown sugar and set aside.

2. Place beef Ribs in shallow pan or extra large food safe plastic bag; add remaining marinade. Turn to coat. Cover pan tightly or close bag securely; marinate ribs in refrigerator 1 to 4 hours, turning occasionally. Remove ribs from marinade; discard marinade.

3. Prepare charcoal grill for indirect cooking by igniting an equal number of charcoal briquets on each side of fire grate, leaving open space in the center. When coals are medium, ash-covered (25 to 30 minutes), add 3 to 4 new briquets to each side. Position cooking grid with handles over coals so additional briquets may be added when necessary.

4. Place ribs, meat side up, in large (16-1/8 x 11-3/4 x 2-7/8 inches) foil roasting pan; cover tightly with aluminum foil. Place foil pan on cooking grid; cover with grill lid and grill over medium heat 1 to 1-1/2 hours or until ribs are fork-tender. Carefully remove roasting pan from grill; remove ribs from pan and place, meat side up, on grill rack. Baste ribs with reserved marinade; grill, covered, 10 to 15 minutes, turning and basting occasionally.

5. Sprinkle ribs with cilantro, if desired. Serve with Asian greens and vegetables.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		35.8g	106mg		17g	30g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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