

# U The Lexingtonienne U

## CROCKPOT BABY BACK RIBS

*Recipe courtesy of my brother-in-law, Dan Dickerson*

Serves 2

- 1 rack baby back pork ribs
- Salt & pepper to taste
- 1 quart (approx) pineapple juice
- 1/2 bottle store-bought barbecue sauce

Cut rib rack in half (or more if necessary) to fit into crockpot. Sprinkle with salt & pepper. Add pineapple juice until ribs are mostly covered, although they do not need to be totally submerged. Cook on high for 3 hours.

Preheat oven to 400. Use tongs to transfer ribs to a foil-lined baking sheet. At this point the meat should be so tender that the ribs will break apart on their own as you transfer them. Generously brush ribs on all sides with barbecue sauce. Bake meat-side-up for about 10-15 minutes.

