

Honey Garlic Rib

Ingredients:

- 4 pounds baby back ribs
- 1/2 cup (8 tablespoons) of Honey from the Hives of **The Burrs and the Bees**
- 1 teaspoon baking soda
- 1/4 cup soy sauce
- 1/4 cup distilled white vinegar
- 2 cloves garlic, minced
- 1 tablespoon brown sugar
- 1 teaspoon garlic powder



Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Boil the ribs first for 30 minutes to make them tender
3. Slice the ribs into individual pieces.
4. In a large bowl, combine the honey, soy sauce, vinegar, garlic and brown sugar. Stir until honey and sugar are completely dissolved, then stir in the baking soda. The mixture will begin to foam. Transfer ribs to the bowl, and turn to coat.
5. Cover a cookie sheet with foil, and arrange the ribs meat side up on the sheet. Pour excess sauce over all, and sprinkle with the garlic powder (garlic salt can be used if sodium is not a concern for you).
6. Bake for 1 hour, turning every 20 minutes.

Serves 8

Nutritional Information per Serving

- Cholesterol: 120 milligrams
- Fat: 30.1
- Calories: 477