



# Tender and Juicy BBQ Spare Ribs Recipe – Quick & Easy Homemade Ribs for Perfect Grilling



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# Tender and Juicy BBQ Spare Ribs Recipe

Looking for the perfect way to enjoy mouthwatering ribs at home? This tender and juicy BBQ spare ribs recipe is your answer! With just a few simple ingredients and easy steps, you can make delicious ribs that fall right off the bone. Whether you're grilling for a weekend cookout or a cozy family dinner, these ribs are sure to impress. Get ready to enjoy finger-licking, flavorful ribs that everyone will love!

## Ingredients for Tender and Juicy BBQ Spare Ribs

### Main Ingredients (For the Ribs)

These ingredients are the base of your delicious and juicy BBQ ribs.

- **2 to 3 pounds pork spare ribs***(fresh, meaty, and trimmed)*
- **1 tablespoon olive oil***(or vegetable oil)*
- **1 tablespoon smoked paprika***(adds a smoky BBQ flavor)*
- **1 tablespoon garlic powder**
- **1 tablespoon onion powder**
- **1 teaspoon ground black pepper**
- **1 teaspoon salt**
- **1 teaspoon ground cumin**
- **½ teaspoon cayenne pepper** *(optional, for heat)*



*These dry spices will create a bold and flavorful rub for the ribs.*



## BBQ Sauce Ingredients (Homemade & Easy)

Make your own finger-licking BBQ sauce!

- **1 cup ketchup** *(base of the sauce)*
- **¼ cup apple cider vinegar**
- **¼ cup brown sugar** *(for sweetness)*
- **2 tablespoons Worcestershire sauce**
- **1 tablespoon mustard (yellow or Dijon)**
- **1 teaspoon garlic powder**
- **1 teaspoon onion powder**
- **½ teaspoon chili powder** *(optional, adds a little kick)*



*This sweet, tangy, and slightly spicy sauce takes the ribs to the next level!*



## Optional Add-Ons & Tips

- **Liquid smoke** *(few drops for extra smoky flavor)*
- **Fresh herbs like thyme or rosemary** *(for garnish)*
- **Lemon or lime juice** *(for a zesty finish)*



## Quick Notes

- **Cooking Method:** Oven, Grill, or Slow Cooker
- **Prep Time:** 15 minutes
- **Cook Time:** 2.5 – 3 hours
- **Servings:** 4–6 people



# How to Make Tender and Juicy BBQ Spare Ribs



## Step 1: Prepare the Ribs

1. **Rinse the ribs** under cold water and **pat them dry** with paper towels.
2. If there's a thin membrane on the back of the ribs, **remove it** by sliding a knife under the edge and pulling it off.
  - *This makes the ribs more tender and helps the seasoning absorb better.*



*Removing the membrane is a pro tip for fall-off-the-bone ribs.*



## Step 2: Season with Dry Rub

1. In a small bowl, mix all dry spices:
  - Smoked paprika, garlic powder, onion powder, black pepper, salt, cumin, and cayenne.
2. Rub olive oil all over the ribs, then generously **rub the spice mix** onto both sides of the ribs.
3. Let the ribs **rest for 15–30 minutes** at room temperature.
  - *(Or marinate in the fridge for a few hours for deeper flavor.)*

*This spice rub creates a bold BBQ flavor that brings the ribs to life.*



## Step 3: Preheat the Oven or Grill

- **Oven Method:** Preheat your oven to **300°F (150°C)**.
- **Grill Method:** Preheat your grill to **medium-low heat** and set it up for **indirect grilling**.



*Low and slow cooking is the secret to tender ribs.*



## Step 4: Slow Cook the Ribs

### Oven Cooking:

1. Wrap the ribs in foil and place them on a baking sheet.
2. Bake for **2.5 to 3 hours** until the meat is tender and starts to pull away from the bones.

### Grill Cooking:

1. Place ribs on the cool side of the grill.
2. Cover and cook for **2.5 to 3 hours**, turning occasionally.

 *This step is key for making juicy and tender ribs.*



## Step 5: Make the Homemade BBQ Sauce

While the ribs are cooking:

1. In a saucepan, combine ketchup, vinegar, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder, and chili powder.
2. Simmer over medium heat for **10–15 minutes** until thick. Stir often.

 *This sweet and tangy BBQ sauce is better than store-bought!*



## Step 6: Glaze and Broil/Grill

1. Once ribs are cooked, **unwrap them** and brush with a generous layer of BBQ sauce.
2. **Broil in the oven** for 5–7 minutes (or grill directly over heat) until the sauce is **bubbly and caramelized**.
3. Flip, brush the other side, and repeat.

 *This final glaze gives your ribs that sticky, glossy BBQ finish.*

## ☐ Step 7: Rest and Serve

1. Let the ribs rest for **5 minutes** before slicing.
2. Cut between the bones, serve with extra BBQ sauce on the side.
3. Add your favorite sides: coleslaw, baked potatoes, or corn on the cob.

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## Serving Tips for BBQ Spare Ribs

### Best Way to Serve BBQ Ribs

- Let the ribs **rest for 5–10 minutes** after cooking. This helps the juices settle and makes slicing easier.
- Use a **sharp knife** or kitchen shears to cut between the bones. Aim for individual ribs or pairs.
- Serve ribs on a **large platter**, brush lightly with more BBQ sauce for that glossy finish.
- Garnish with **fresh herbs** like parsley or thyme for color and flavor.



*Resting the ribs makes them juicier and easier to handle.*



## Suggested Side Dishes

Pair your ribs with classic BBQ sides:

- **Coleslaw** – adds crunch and freshness
- **Grilled corn on the cob** – sweet and smoky
- **Potato salad** or **baked potatoes** – creamy and hearty
- **Mac and cheese** – creamy comfort food
- **Pickles** or **pickled onions** – cut through the richness



*Choose light or tangy sides to balance the rich, smoky ribs.*



## Beverage Pairing Ideas

- **Iced tea** (sweetened or unsweetened)
- **Lemonade** – fresh and citrusy
- **Light beers** like pilsner or lager
- **Sparkling water** with lime or mint
- For bold flavor: **red wine** like Zinfandel or Shiraz



*Cool drinks refresh your palate while you enjoy your meal.*



## Storage Tips for Leftover Ribs



### How to Store Cooked Ribs

- Let the ribs **cool to room temperature** (no more than 2 hours after cooking).
- Wrap them tightly in **aluminum foil** or place in an **airtight container**.
- Store in the **refrigerator for up to 3–4 days**.



*Proper storage keeps the meat juicy and safe to eat.*



## Can You Freeze BBQ Ribs?

Yes! To freeze:

1. Wrap ribs in **plastic wrap**, then in **foil**, or use a **freezer-safe bag**.
2. Label with the date.
3. Store in the freezer for up to **2–3 months**.



*Freezing is great for meal prep or saving leftovers for a rainy day.*



## How to Reheat BBQ Ribs

Best methods:

- **Oven Method:**
  - Preheat to 300°F (150°C).
  - Wrap ribs in foil with a splash of water or BBQ sauce.
  - Heat for 20–25 minutes or until warm.
- **Air Fryer:**
  - 350°F (175°C) for 5–7 minutes (wrapped in foil or unwrapped for crispy edges).
- **Microwave:**
  - Use microwave-safe container, cover with a damp paper towel, heat in short bursts.



*Always reheat ribs gently to avoid drying out the meat.*



## Final Storage Notes

- Don't leave cooked ribs at room temperature for more than 2 hours.
- Always reheat to at least **165°F (74°C)** for food safety.
- Avoid reheating multiple times — reheat only what you plan to eat.



# Healthy Eating Tips for Ribs Lovers



## Choose Leaner Cuts

- Instead of fatty **pork spare ribs**, try:
  - **Pork loin back ribs** (*less fat*)
  - **Beef short ribs** (*more iron, bold flavor*)
  - **Boneless skinless chicken thighs** (*a lighter alternative*)
  - **Turkey ribs** (*lean and high in protein*)



*Leaner meats help reduce overall calories and saturated fat.*



## Lighten the Sauce

- Use **homemade BBQ sauce** with less sugar:
  - Swap brown sugar with **honey**, **maple syrup**, or **coconut sugar**
  - Use **low-sodium ketchup** or **tomato paste** as a base
  - Add **vinegar**, **mustard**, and **smoked paprika** for flavor without extra sugar



*Making your own sauce gives you control over sweetness and salt.*



## Add More Veggies to the Plate

- Balance your meal with colorful, fiber-rich vegetables like:
  - Grilled zucchini, bell peppers, or mushrooms
  - Green beans with garlic
  - Coleslaw made with Greek yogurt instead of mayo
  - Roasted sweet potatoes or cauliflower mash



*Veggies reduce heaviness and improve digestion after a rich meat dish.*



## Reduce Portion Size

- Instead of a full rack, serve **3–4 ribs per person**
- Serve with **more salad or grains** to fill up without overloading on meat



*Portion control is key for enjoying rich meals without guilt.*



## Smart Swaps and Healthy BBQ Ideas

Traditional Ingredient	Healthy Alternative
Spare ribs (fatty)	Pork loin or turkey ribs
Sugar-loaded sauce	Homemade low-sugar BBQ sauce
Store-bought coleslaw	Yogurt-based coleslaw
White bread sides	Whole grain bread or corn on the cob
Heavy creamy salad	Fresh garden salad with vinaigrette



*Simple swaps can turn a heavy BBQ into a balanced, family-friendly meal.*



## Allergen Info & Dietary Notes


- **Gluten-Free:** Ribs are naturally gluten-free, but double-check your BBQ sauce and seasonings.
- **Keto-Friendly:** Perfect for low-carb diets if using a sugar-free BBQ sauce.
- **Not Vegan/Vegetarian:** But can be served alongside plant-based options.
- **Allergen Warning:** Some sauces contain soy, mustard, or Worcestershire (anchovies).



*Always check sauce ingredients for allergens if serving guests with dietary restrictions.*

# BBQ Spare Ribs – Nutrition Facts (Per Serving)

Nutrient	Amount per Serving	Daily Value (%DV) (approx.)
<b>Calories</b>	520–600 kcal	26–30%
<b>Protein</b>	28–32 g	56–64%
<b>Total Fat</b>	32–38 g	49–58%
• Saturated Fat	10–12 g	50–60%
• Trans Fat	0 g	—
<b>Cholesterol</b>	100–120 mg	33–40%
<b>Sodium</b>	600–800 mg	25–35%
<b>Total Carbohydrates</b>	12–20 g	4–7%
• Dietary Fiber	0.5–1 g	2–4%
• Sugars	8–15 g	—
<b>Iron</b>	1.8–2.5 mg	10–15%
<b>Calcium</b>	20–40 mg	2–4%
<b>Potassium</b>	300–400 mg	6–9%

 **Note:** Values are approximate and depend on the exact amount of fat in the ribs, and the sugar used in the BBQ sauce.

## Final Bite: Let the Flavor Speak for Itself


If you're craving a meal that's bold, smoky, tender, and finger-licking good — these BBQ spare ribs are calling your name. Whether you're hosting a backyard cookout, planning a cozy


weekend dinner, or simply treating yourself, this recipe delivers every time.

The juicy meat, rich homemade sauce, and satisfying aroma will have everyone coming back for seconds (and maybe thirds!). Don't forget to pair it with your favorite sides, pour a cold drink, and enjoy the full BBQ experience.

Try it once, and it might just become your go-to rib recipe.

**Ready to fire up the grill? Let's make magic happen — one rib at a time!**

 **Love this recipe? Pin it now and save it for your next lunch craving! Follow us on [Pinterest @recifacil](#) for more tasty ideas every week.**

 If you're craving something delicious but want to keep it light and healthy, this low-calorie [grilled chicken breast recipe is the perfect lunch alternative — juicy, packed with flavor, and ready in just 20 minutes!](#)

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