

# Joe's Easiest Baby Back Ribs















Lamb Dissection - Rib, Ribs, Rib

# Instructions

1. Tear off 4 pieces of aluminum foil big enough to enclose each portion of ribs. Spray each piece of foil with vegetable cooking spray. Brush the ribs liberally with barbeque sauce and place each portion in its own piece of foil. Wrap tightly and refrigerate for at least 8 hours, or overnight.
2. Preheat oven to 300° F (150° C).
3. Bake ribs, wrapped tightly in the foil, for 2-1/2 hours. Remove from foil and add more sauce, if desired.

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