

# BBQ Ribs

*Unit: Large Skillet or Electric Skillet*

**32 oz of BBQ sauce**

**1 - 2.25 lb package of boneless country style ribs**

Preheat the skillet on medium-high heat (400 on the electric skillet) until water beads when flicked into the unit.

Sear the outside of the ribs until all sides are thoroughly browned. Pour the BBQ sauce all over the ribs and reduce the heat to medium-low (225 on the electric skillet). Cook for 2 hours.



**HEALTH QUEST**