

## Spicy BBQ Spare Ribs

Parboil 1 rack of Meadowbrook's Spareribs (2-3lbs) cut up sweet and sour style

Sauce: 1 cup of ketchup  
1 tsp of garlic powder  
1 tsp salt  
¼ tsp thyme  
¼ cup water  
¼ cup lemon juice  
¼ cup Nickerson's honey or brown sugar  
¼ cup of Worcestershire sauce  
2 tsp prepared mustard

Simmer sauce for 5 minutes. Add spare ribs to sauce, cook on low for 1 hour

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