

**ATLAS  
GYM**

**Entree #13**

Texas Style  
BBQ Ribs



[www.nuwaveoven.com](http://www.nuwaveoven.com)

Prep Time: 5 min  
Rack Height: 4 inch  
Power Level: 8  
Cook Time: 45 min

# Texas Style BBQ Ribs



Serves: 4-6

Questions: 1-888-689-2831

## Ingredients:

- 1 slab of pork ribs cut in half [approximately 4 lb. (1.82 Kg) each]
- 1/2 cup Texas style dry rub
- your favorite BBQ sauce

## Cooking Instructions:

1. Generously rub both sides of the ribs with dry rub.
2. Place ribs fatty side up on 4 inch rack, and grill on power level 8 for 30 minutes. Ribs can overlap.
3. Turn ribs over; brush BBQ sauce on ribs; and continue grilling on power level 8 for 15 minutes.

## Options & Cooking Tips:

- To cook from frozen, wet the ribs with water, and sprinkle dry rub on the meat. Increase your cooking time to 40 minutes for the first half and 15 minutes for the second half.
- To remove BBQ stains from clothes, mix equal parts of white vinegar and water and dab lightly.
- Want to make your own Texas style dry rub? Mix the following ingredients:

- 2 tablespoons salt
- 1/4 tablespoon white pepper
- 1/2 tablespoon celery salt
- 1 1/2 tablespoons paprika
- 1 tablespoon black pepper
- 1/2 tablespoon garlic powder
- 1 tablespoon chili powder
- 1/4 tablespoon zest of lemon peel
- 1/2 tablespoon cayenne pepper
- 1/2 tablespoon dry mustard

Suggested Wines: Blush or Dark Red Zinfandel