



## Marion's Slow Cooked Ribs

### Ingredients

3 kgs Patton's American Style Ribs  
1 x 300ml Bottle of Beerenberg Sticky Rib Sauce  
1 x 250ml Bottle of Fountain Spicy Red Sauce.  
1 x 250ml Glo Apple Juice  
8-10 Chat Potatoes (cut in half)  
3-4 Carrots (cut into chunky pieces)

### Method

Step 1. Cut ribs into pieces (3-4 bones per section).

Step 2. Combine sauces & apple Juice and pour over ribs making sure they are all covered. Place in slow cooker and add potatoes and carrots on top. Turn on low for 6-8 hours.

Step 3. Half way through cooking rotate ribs from bottom to top. To make sure all ribs are coated in marinade.

Step 4. Serve ribs up on a serving plate spooning marinade over the carrots and potatoes. Serve with crusty bread to soak up the juices.

Great on a Sunday afternoon after a long day at cricket to feed your hungry family. No fuss cooking and easy to clean up.

**One Pot Meals** are the best!