

cajun ribs with mandarin cole slaw and stove-top beans

TOTAL TIME

40 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

This is a spicy recipe. Reduce meat seasoning blend if a less seasoned meal is preferred.

SHOPPING LIST

Dry Grocery

- 1/4 cup Marsala wine
- 1 (28-oz) can baked beans
- 1/2 cup barbecue sauce
- 1 tsp celery salt
- 1/2 tsp course ground black pepper
- 1 tsp honey
- large zip-top bag
- 1/2 tsp liquid smoke flavoring
- 1 (11-oz) can mandarin oranges in light syrup
- 2 tbsp meat seasoning blend
- 1 tsp mustard
- 1 cup reduced-calorie mayonnaise
- 2 tbsp sugar
- 1 tsp white vinegar

Frozen

- 1/4 cup diced onions

Meat

- 2 lb country-style pork spareribs

Produce

- 1 (10-oz) bag finely-shredded cabbage
- 1/4 cup shredded carrots

Suggested Items

- angel food cake
- Texas toast with Parmesan cheese
- whipped topping
- fresh berries

COOKING SEQUENCE

- Prepare cole slaw and place in refrigerator - 10 minutes
- Prepare ribs through step 3 - 10 minutes
- Prepare beans; complete ribs and serve - 20 minutes

cajun ribs

INGREDIENTS

- large zip-top bag
- 2 tablespoons meat seasoning blend
- 1 teaspoon celery salt
- 1/2 teaspoon course ground black pepper
- 2 pounds country-style pork spareribs
- 1/4 cup Marsala wine
- 1/2 cup barbecue sauce
- 1/4 teaspoon liquid smoke flavoring

STEPS

1. Preheat skillet on high for 2-3 minutes. (Skillet must be very hot to blacken ribs. Range fan is recommended for this recipe.) 2. Place meat seasoning, celery salt and pepper in zip-top bag; shake to mix. 3. Add ribs and shake to coat. Using tongs, place ribs in skillet. Cover and cook 8-10 minutes, turning every 2 minutes. 4. Pour wine, barbecue sauce and liquid smoke over ribs. Reduce heat to low, cover and simmer 6-8 minutes, turning every 2 minutes. Serve with extra sauce over top of ribs.

mandarin cole slaw

INGREDIENTS

- one 10-ounce bag finely shredded cabbage
- 1 cup reduced-calorie mayonnaise
- 1/4 cup shredded carrots
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon white vinegar
- one 11-ounce can mandarin oranges in light syrup

STEPS

1. Stir together in salad bowl: cabbage, mayonnaise, carrots, sugar, salt, pepper and vinegar. 2. Open and drain oranges. Fold (mix in gently) into slaw. 3. Refrigerate 20-30 minutes. Serve.

stove-top baked beans

INGREDIENTS

- one 28-ounce can baked beans
- 1/4 cup frozen diced onions
- 1/4 teaspoon liquid smoke flavoring
- 1 tablespoon mustard
- 1 teaspoon honey

STEPS

1. Place all ingredients in saucepan and stir to mix well. 2. Bring to boil on medium heat. 3. Reduce heat to low and simmer 10 minutes, stirring occasionally. Serve.

Calories (kcal) 967 Total Fat (g) 51.3 Saturated Fat (g) 14.4 Cholesterol (mg) 130 Carbohydrate (g) 87.9 Dietary Fiber (g) 13.5 Protein (g) 36.3 Sodium (mg) 2860 Potassium (mg) 468 Calcium (mg) 184 Iron (mg) 5 Vitamin A 38% Vitamin C 67% Calcium 18% Iron 28%



FOR MORE RECIPES, VISIT
publix.com/aprons