

# BBQ Rib Sandwich

*The ribs star in this sandwich recipe. It's pack full of taste. It's higher in calories, fats and points than many other sandwiches, so save up your allowance to indulge in this one.*

Recipe Type: Main Dish, Meat, Sandwich

Degree of Difficulty: Moderately difficult

## Ingredients

- 1 rack Baby Back Ribs (about 8 oz)
- 1 loaf Ciabatta or French loaf (makes approx 3, 4" long sandwiches)
- 1 med onion
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp olive oil
- 3 tbs Rub (salt, pepper, garlic powder, onion powder, paprika, and a bit of chili powder)
- ¼ cup bbq sauce
- 2 pats butter
- 1 tsp worcestershire sauce



## Directions

### Caramelized Onions

- 1 Slice onions and put in a pan with a drizzle of olive oil.
- 2 Cook slowly until translucent.
- 3 Add butter and Worcestershire sauce.
- 4 Continue cooking until dark brown but not burnt.
- 5 Set aside and keep warm.

### Ribs

- 1 Preheat oven to 300 degrees
- 2 Trim fat a bit off of the ribs.
- 3 Pat dry and brush lightly with olive oil.
- 4 Season ribs salt, pepper, garlic powder, onion powder, paprika, and a bit of chili powder.
- 5 Wrap ribs in foil, place bone side down on cookie sheet lined with parchment paper.
- 6 Bake at 300 degrees for 3 hrs.
- 7 Remove from oven. Remove foil and pull bones out gently.
- 8 Turn oven to broiler on high.
- 9 Return ribs to cookie sheet and lather up ribs on both sides with bbq sauce.
- 10 Broil ribs 5 mins to caramelize sauce.
- 11 Slice bread loaf length wise and butter both side.
- 12 Sprinkle sesame seeds on top sides and broil to toast lightly.
- 13 Put ribs on bread, top with caramelized onions.
- 14 Slice into 2 inch sections. 2 sections is ½ a sandwich which is the serving size.

## Cooking Times

Preparation Time: 15 minutes

Cooking Time: 3 hours

## **Nutrition Facts**

Nutrition (per serving): 443 calories, 18.6g total fat, 6.6g saturated fat, 66.3mg cholesterol, 2198.7mg sodium, 47.4g carbohydrates, 3.1g fiber, 11.6g sugar, 20.7g protein.

Servings: 3

Yield: 3 sandwiches

## **Weight Watchers Points**

Orig. WW Pts: 10

Points Plus: 12

Smart Points: 15

FreeStyle Smart Points: 15