



# Oven Baked Ribs

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 Racks of back Ribs - Salt - Pepper - Chili powder - 1/2 Cup of low sodium chicken stock

## Instructions

Very simple recipe; if you don't have LS stock, just cut back on the salt. If you are cooking more than 2 racks of ribs (i.e. using more than 1 cookie sheet), just put them on different racks in the oven and switch positions half way through. 1. Preheat oven to 450F 2. Season each side of ribs with salt, pepper, and chili powder. 3. Place ribs on cookie sheet and pour in 1/2 cup of chicken broth. 4. Cover cookie sheet tightly with foil and bake for 1 hour. 5. Remove from oven, brush with your choice of BBQ sauce and finish on the BBQ if desired.