

Bbq “Ribs”

Ingredients

- 2 pork tenderloins (about 12 ounces each), trimmed
- 1 medium red onion, chopped
- 1 medium red bell pepper, chopped
- 3 garlic cloves, minced
- 1 cup low-sodium ketchup
- 1/2 cup chili sauce
- 1/4 cup unsulfured molasses
- 3 tablespoons Worcestershire sauce
- 2 tablespoons light brown sugar
- 2 teaspoons chili powder
- 2 teaspoons dry mustard
- Hot red pepper sauce, to taste

and basting every 4 minutes. Serve with remaining sauce on the side.

Directions

1. Soak four 12 to 15 inch wooden skewers in water 30 minutes. Butterfly pork tenderloins, then cut into “ribs” and thread on skewers. Cover and refrigerate.
2. Place oven rack in upper third of oven and preheat to 450°F. Lightly coat jelly-roll pan with nonstick cooking spray. Spread onion, red pepper, and garlic in pan and lightly coat with nonstick cooking spray. Roast vegetables, tossing frequently, until browned and tender, about 15 minutes.
3. Transfer vegetables to food processor. Add ketchup, chili sauce, molasses, Worcestershire, sugar, chili powder, mustard, and hot pepper sauce. Puree, then pour into medium saucepan. Cover and cook over medium-low heat, stirring occasionally, until bubbly and richly flavored, about 15 minutes. Remove 1 cup sauce for basting and keep remaining sauce hot.
4. Coat grill rack or broiler pan generously with nonstick cooking spray and preheat grill or broiler. Baste both sides of “ribs” generously with sauce. Grill or broil until cooked through, about 15 minutes, turning