

Instant Pot Keto Ribs

Makes 4-6 servings



INGREDIENTS

- 2 1-lb. racks baby back pork ribs, rinsed, and patted dry
- 2 cups chicken stock
- ½ cup apple cider vinegar
- Low Carb Rub (recipe on Low Carb JC website)
- 1 cup Low Carb barbecue sauce (recipe on Low Carb JC website)

DIRECTIONS

1. Remove the membrane from the underside of the ribs, pulling it down the entire length. Season ribs with low carb rub, rubbing in thoroughly on both sides.
2. Add chicken stock and apple cider vinegar to a 6-qt Instant Pot. Place metal trivet into the pot. Place ribs upright on top of the trivet, wrapping in a circle.
3. Select manual setting; adjust pressure to high, and set time for 20-25 minutes. When finished cooking, quick-release pressure according to manufacturer's directions.
4. Preheat oven to broil. Line a baking sheet with foil OR heat up grill.
5. Place ribs, meat side up, in a single layer onto the prepared baking sheet; brush with barbecue sauce. OR put on grill, turning ribs over once to get grill marks on both sides.
6. Place into oven and broil, or on grill, until barbecue sauce is caramelized and browned, about 4-6 minutes.
7. Serve immediately with any remaining barbecue sauce.

