

HEARTY RIBS AND BEANS

3 to 3½ lbs country style pork spareribs	¼ c water
2 cans (15 ½oz ea) Great Northern beans, rinsed & drained	1½ c thinly sliced celery
1 envelope dry onion soup mix	2 T prepared mustard
1 can (14½ oz) tomato sauce	1/3 c packed brown sugar
2 cans (15½ oz ea) kidney beans, rinsed & drained	1/8 t hot pepper sauce
1 sweet red pepper, thinly sliced	

Place ribs in an ungreased 13 inch x 9 inch x 2 inch baking dish, add water. Cover and bake at 350° for 1 ½ hours. Drain, reserving liquid, skim fat. Set ribs aside. Add enough water to liquid to equal one cup, place in a saucepan. Add tomato sauce, soup mix, sugar, mustard, and hot pepper sauce.

Simmer for 10 minutes; remove ½ cup. To the remaining sauce, add beans, celery and red pepper. Pour into the baking dish, add ribs. Pour reserved sauce over ribs. Cover and bake for 45 minutes.

Makes 6-8 servings.

Calories: 532, Carbohydrate: 54 grams, Protein: 56 grams, Fat: 11 grams.