

Slow Cooker Ribs



This recipe I got from a youtube video that was put up by a funny Argentine man who seemed in love with his slow cooker. Unfortunately I lost the url of his video so I must write it from memory.

The recipe needs about 6 hours of slow cooking so if you want it for lunch you are going to have to get up early to prepare it, or prepare most of it the night before and just get up to turn it on.

Ingredients

1.
 1. Garlic 3 cloves minced.
 2. Green onions to taste also minced.
 3. Two long strips of porc ribs.
 4. Salt and pepper to taste.
 5. Fine Herbs 1-2 teaspoons.
 6. Olive oil 40ml
 7. Red Wine 40ml
2.
 1. Potatoes 2 large in pieces
 2. Carrots 1-2 cut lengthwise
 3. Green Beans cut lengthwise if they are quite thick.
 4. Mushrooms

Preparation

- Put the garlic and green onion in the bottom of the crock pot.
- Wash and dry the rib strips.
- Add the fine herbs, salt and pepper to the strips on both sides.
- Cut the strips into about 6 portions and place them at the bottom of the crock pot.
- Pour the olive oil over everything, then pour the wine.
- Put the crock pot on low and cover.

- When there are about 45 minutes left of cooking time, submerge the ingredients 2. vegetables in the liquid, raise the temperature to high, cover and leave until vegetables are ready.

Alternative

An easier alternative for timing is to boil the ingredients 2. vegetables 20 minutes, and then add them to the pot just long enough to absorb the taste of the juices, when the ribs are almost ready.