



Instant Pot Baby Back Ribs

Active Time: 10 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

588.9 calories, 1.8 g carbohydrate, 0.92 g fiber, 0.88 g NET carbs, 55.28 g protein, 40.5 g fat

Ingredients

- 3 tsp(s) smoked paprika
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 3 pound(s) pasture-raised baby back ribs

Preparation

1. Add the steamer rack to the Instant Pot. Pour 1 cup water and 1/2 cup vinegar to the pot. (The acid will help tenderize the meat as it steams)
2. In a small bowl, combine the chili powder, garlic powder, cumin, sea salt, and remaining smoked paprika.
3. Cut ribs into pieces that will fit in the Instant Pot. Rub spice mixture over ribs to coat.
4. Place spice-rubbed ribs on the rack in the Instant Pot. Close and lock the lid. Choose MANUAL, set pressure to HIGH and time to 35 minutes.
5. When time is up, allow pressure to come down for 5 minutes, then release.
6. Carefully remove ribs from Instant Pot. Brush with BBQ sauce and serve.

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