

THE

CrossFit

KITCHEN



RIBS AND SWEETS WITH PALEO Q SAUCE

By Nick Massie

Overview

Satisfy your appetite with hearty baby back ribs and sweet potatoes. Topped with sweet-and-savory Paleo Q sauce, this one was popular with fans at the 2014 Reebok CrossFit Games.

Ingredients

- 3 racks of baby back ribs
- 10 sweet potatoes
- 3 c. onions, diced
- 2 c. frozen mango, diced
- 2 c. frozen peaches, diced
- 2 c. tomato puree
- 5 tbsp. honey
- ½ c. balsamic vinegar
- 4 tbsp. olive oil
- 1 tbsp. granulated garlic
- Kosher salt, to taste
- Black pepper, to taste
- 1 bottle Paleo Nick's Super Radical Rib Rub or spice recipe

Spice Ingredients

- 1 c. chili powder
- ¼ c. mustard powder
- ¼ c. onion powder
- ¼ c. granulated garlic
- 2 tbsp. ground cumin
- 1 tbsp. cayenne pepper
- ½ c. kosher salt
- ¼ c. ground black pepper

Mix all ingredients until well combined. Store extra in a spice jar in a cool, dry place for up to 60 days.



Directions

Ribs

1. Run a knife down the membrane on the back of the ribs three times.
2. Rub racks liberally with Super Radical Rib Rub or spice mixture.
3. Place on a foil-lined sheet pan and bake at 325 F for 4 hours, turning the ribs once.
4. They should not be fall-off-the-bone tender, but you should be able to pull the bones from the rack with little force. For more tender ribs, cook longer at a lower temperature.
5. Allow ribs to rest 10 minutes, then slice between each rib to yield 14 ribs per rack. Each rib is approximately 1½ blocks of protein.
6. Portion with 4 slices of sweet potato, 2 ribs and 1 oz. of Paleo Q Sauce for a balanced 3-block meal.

Sweet Potatoes

1. Place sweet potatoes on a foil-lined sheet pan and roast at 350 F for 30-40 minutes or until soft when squeezed from the sides.
2. Remove potatoes from the oven and cool for 10 minutes.

Paleo Q Sauce

1. Add olive oil to a preheated 8-qt. stockpot.
2. Add onions, peaches and mango to the oil. Season with granulated garlic and a pinch of salt and pepper. Stir to incorporate and continue to cook until caramelized, approximately 6 minutes.
3. Deglaze the pan with balsamic vinegar and stir to incorporate. Add tomato puree and honey, lower the heat, and cook for 10 minutes, stirring occasionally.
4. Transfer sauce to an immersion blender and puree to a smooth consistency.
5. Serve sauce over ribs and sweet potatoes. One carbohydrate block is 1 oz. of sauce.
6. Refrigerate sauce for up to 2 weeks or freeze for up to 6 months.