

Slow Cooker Country Style Ribs

Serves six

- 1 TBS oil
- 3 TBS tomato paste
- 2 TBS chili powder
- 1 to 2 chipotle peppers with adobo (optional)
- 1 cup chicken broth
- a pinch of ground cloves
- a piece of dark chocolate (about 3 inches)
- 2 ½ pounds country style ribs
- Lime juice, pumpkin seeds, minced red onion and cilantro for serving (optional)

Place the oil in a pot and heat. Add the tomato paste and chili powder and cook for a couple of minutes, stirring constantly. Add the chipotles – the more chipotles you add the spicier your chili – and stir them well. Add the chicken broth, cloves and chocolate. Stir until the chocolate dissolves and turn off the heat.

Generously season the ribs with salt and pepper on both sides and place them in the Crock-Pot. Pour the sauce over the pork. Cover the pot and cook the ribs for 4 hours on high or 6 hours on low.

Break the pork apart into chunks and serve in bowls with the juice. Squeeze limejuice on top and serve with pumpkin seeds, red onion and cilantro.

Serve and enjoy.