



## Cola-Braised Pork Ribs & Sweet Potato Mash

**Prep Time:** 15 min   **Total Time:** 2 h   **Serves:** 8

### Ingredients

<input type="checkbox"/>	2 racks baby back ribs , cut into 3-rib pieces	4 lb	2 kg
<input type="checkbox"/>	salt, divided	1 tsp	5 mL
<input type="checkbox"/>	pepper	1/2 tsp	2 mL
<input type="checkbox"/>	vegetable oil	1 tbsp	15 mL
<input type="checkbox"/>	cola	1 can	341 mL
<input type="checkbox"/>	reduced sodium beef broth	2 cups	500 mL
<input type="checkbox"/>	onion, halved	1	
<input type="checkbox"/>	carrots, halved cross-wise	2	
<input type="checkbox"/>	garlic, crushed	4 cloves	
<input type="checkbox"/>	peppercorns	4	
<input type="checkbox"/>	sprigs fresh thyme	3	
<input type="checkbox"/>	bay leaf and allspice berry	1 each	
<input type="checkbox"/>	4 large sweet potatoes	3 lbs	1.5 kg
<input type="checkbox"/>	olive oil	2 tbsp	30 mL
<input type="checkbox"/>	green onions, finely chopped	2	

### Nutrition facts

Nutrition Description	Per serving (1/8 of the recipe):
Calories	460
Fat	26 g
Saturated Fat	8 g
Carbs	32 g
Sugar	14 g
Protein	25 g
Cholesterol	80 mg
Fibre	4 g
Sodium	580 mg
Potassium	

### Directions

- 1 Pat ribs dry. Season with 1/2 tsp (2 mL) salt and pepper. Heat vegetable oil in large skillet over medium-high heat. Brown ribs. Transfer to plate.
- 2 In large Dutch oven, combine cola, broth, 1/2 cup (125 mL) water, onion, carrots, garlic, peppercorns, thyme, bay leaf and allspice. Bring cola mixture to a boil. Add ribs. Remove from heat, cover with lid and transfer to preheated 325°F (160°C) oven. Cook 1 1/4 to 1 1/2 hr. until meat is tender, stirring occasionally.
- 3 Meanwhile, arrange sweet potatoes on parchment-lined baking sheet. Bake 1 to 1 1/2 hr. or until tender. Peel and mash with olive oil and remaining salt. Serve ribs with sweet potato mash, garnished with green onions.



Do not use diet cola.