



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.

TIP!

Do not use diet cola.