

## Fall-Off-The-Bone BBQ Neck Bones: Easy Oven Baked Recipe

Here's what you'll need to create these tender, flavorful BBQ Neck Bones:



**TIME**  
**5 min**

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### INGREDIENTS

- 3 lb pork neck bones
- 5 garlic cloves, minced
- 1 onion, chopped
- 1 bell pepper, sliced
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 1 cup BBQ sauce

### DIRECTIONS

1. Let's get these delicious BBQ : Neck Bones cooking!
2. Preheat : Oven: Preheat your oven to 375 degrees Fahrenheit.
3. Clean : Neck Bones: Wash the pork neck bones thoroughly in cold water. Take your time to clean them really well, removing any small bone pieces or excess bits.
4. Season : Pork: Place the washed pork neck bones in a large bowl. Add the salt, black pepper, paprika, and 1 cup of BBQ sauce. Stir everything together well, ensuring the neck bones are evenly coated in the seasoning and sauce.
5. Prepare : Baking Dish: Chop the onion, mince the garlic, and slice the bell pepper. Take half of the chopped onion and spread it evenly across the bottom of a baking dish (a large casserole dish or roasting pan works well).
6. Layer & : Cover: Place the seasoned pork neck bones on top of the onions in an even layer. Scatter the remaining chopped onion over the neck bones. Add the minced garlic and sliced bell pepper over everything.
7. Bake: Cover the baking dish tightly with aluminum foil. Make sure it's sealed well to trap the moisture. Bake for 2 hours.
8. Broil: Carefully remove the foil from the dish. Place the dish back in the oven and broil for 5 minutes. Keep a close eye on it to prevent burning and to achieve a nice caramelized crust.
9. Serve: Carefully take the baked pork neck bones out of the oven. They will be incredibly tender and ready to serve immediately with your favorite side dish.

## SWAPS & NOTES

Pork Neck Bones: Look for meaty neck bones.

While the recipe focuses on pork, this method can be adapted for other bone-in cuts that benefit from low and slow cooking.

Garlic, Onion, Bell Pepper: These aromatics create a flavorful bed for the neck bones.

Feel free to experiment with other vegetables like carrots or celery for added depth.

### TIPS FOR SUCCESS

Cleanliness is Key: Thoroughly cleaning the neck bones helps ensure a pleasant eating experience.

Tight Seal: Emphasizing this again: ensure your baking dish is covered very tightly with foil.

This creates a steamy environment that tenderizes the meat and prevents it from drying out.

Don't Rush the Broil: While broiling for 5 minutes is a guideline, watch it closely.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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