

Fall-Off-The-Bone BBQ Baby Back Ribs: Easy Oven-Baked Recipe

Oven-Baked BBQ Baby Back Ribs



OVEN
300°F

TIME
7 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 2 racks baby back ribs
- 1/4 cup brown sugar
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp cayenne pepper (optional for heat)
- 1 cup BBQ sauce

Instructions:

Prepare the Ribs: Preheat your oven to 300°F (150°C). Remove the membrane from the back of the ribs by sliding a knife under the membrane and pulling it off with a paper towel for grip.

Mix the Rub: In a small bowl, combine the brown sugar, smoked paprika, garlic powder, onion powder, chili powder, black pepper, salt, and cayenne pepper (if using).

Season the Ribs: Rub the spice mixture generously over both sides of the ribs, ensuring they're fully coated.

Wrap and Bake: Place each rack of ribs on a large piece of aluminum foil. Wrap them tightly, sealing the edges to create a pouch. Place the wrapped ribs on a baking sheet and bake for 2.5 to 3 hours, or until the meat is tender and pulls away from the bone easily.

Add the BBQ Sauce: Carefully remove the ribs from the foil and place them on a baking sheet lined with parchment paper. Brush both sides generously with BBQ sauce.

Broil for a Finishing Touch: Set your oven to broil. Place the ribs under the broiler for 5-7 minutes, or until the sauce caramelizes and becomes sticky. Keep a close eye to prevent burning.

Serve and Enjoy: Slice the ribs between the bones and serve with extra BBQ sauce on the side for dipping.

Tips for Perfect Oven-Baked Ribs:

Low and Slow: Cooking at a low temperature ensures the ribs are tender and juicy.

Double the Sauce: If you're a BBQ sauce lover, serve additional sauce on the side for dipping or drizzling.

Experiment with Flavors: Swap out the spice rub or BBQ sauce for your favorite variations, such as honey mustard or spicy chipotle.

Why You'll Love This Recipe:

DIRECTIONS

1. **Prepare the : Ribs:** Preheat your oven to 300°F (150°C). Remove the membrane from the back of the ribs by sliding a knife under the membrane and pulling it off with a paper towel for grip.
2. **Mix the : Rub:** In a small bowl, combine the brown sugar, smoked paprika, garlic powder, onion powder, chili powder, black pepper, salt, and cayenne pepper (if using).
3. **Season the : Ribs:** Rub the spice mixture generously over both sides of the ribs, ensuring they're fully coated.
4. **Wrap and : Bake:** Place each rack of ribs on a large piece of aluminum foil. Wrap them tightly, sealing the edges to create a pouch. Place the wrapped ribs on a baking sheet and bake for 2.5 to 3 hours, or until the meat is tender and pulls away from the bone easily.
5. **Add the BBQ : Sauce:** Carefully remove the ribs from the foil and place them on a baking sheet lined with parchment paper. Brush both sides generously with BBQ sauce.
6. **Broil for a : Finishing Touch:** Set your oven to broil. Place the ribs under the broiler for 5-7 minutes, or until the sauce caramelizes and becomes sticky. Keep a close eye to prevent burning.
7. **Serve and : Enjoy:** Slice the ribs between the bones and serve with extra BBQ sauce on the side for dipping.
8. **Tips for Perfect Oven-Baked Ribs: Low and Slow:** Cooking at a low temperature ensures the ribs are tender and juicy.
9. **Double the : Sauce:** If you're a BBQ sauce lover, serve

additional sauce on the side for dipping or drizzling.

10. Experiment with : Flavors: Swap out the spice rub or BBQ sauce for your favorite variations, such as honey mustard or spicy chipotle.
11. Why You'll Love This Recipe: These Oven-Baked BBQ Baby Back Ribs are a foolproof way to enjoy ribs year-round. The slow-cooking process ensures tender meat that melts in your mouth, while the caramelized BBQ glaze adds a bold, smoky flavor. Whether for a weeknight dinner or a weekend gathering, these ribs are a guaranteed hit!
12. Have you tried this recipe? Let me know in the comments below, and be sure to visit I Wuv Cooking for more delicious recipes like this. With just a little prep and patience, you can create a BBQ feast right in your kitchen.

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

Original recipe: <https://chefmaniac.com/fall-off-the-bone-bbq-baby-back-ribs-easy-oven-baked-recipe/>