

# Homemade BBQ Sauce

## Instructions

1. Sauté the onions in a large saucepan over medium heat, stirring occasionally, for 7 to 8 minutes, until they start to turn brown and translucent. Add 1 to 2 tablespoons of water at a time as needed, to keep the onions from sticking to the pan. Add the garlic and cook for 1 more minute.
2. Stir in the tomato sauce, vinegar, Worcestershire sauce, maple syrup, molasses, mustard, pepper to taste, and 1 cup of water, and bring to a boil over high heat. Reduce the heat to low and simmer, stirring often to prevent scorching, for about 45 minutes, until thickened. Taste and adjust the seasoning. If desired, transfer the sauce to a blender and puree until smooth (or use an immersion blender).
3. Store in an airtight container in the refrigerator for up to 7 days. This sauce works for meat, but is also great on cooked vegetables, with potatoes, or as a salad dressing or on grain bowls.

## Ingredients

- 1 medium onion, minced
- 1 clove garlic, minced
- 1 cup tomato sauce
- ¼ cup apple cider vinegar, plus more as needed (add more if you like a better balance of sour to sweet, you can also limit the amount of sweeteners slightly if desired)
- 3 tbsp vegan Worcestershire sauce, or 2 tbsp of low-sodium soy sauce
- 2 tbsp pure maple syrup
- 2 tbsp unsulphured molasses
- 3 tbsp prepared yellow mustard
- Freshly ground black pepper

## Grocery List

### Produce

- Onion
- Garlic

### Canned Goods/Grocery

- Tomato sauce
- Apple cider vinegar
- Worcestershire or soy sauce
- Maple syrup
- Molasses
- Prepared yellow mustard

### Spices

- Black pepper