

Homemade BBQ Sauce

Cooking 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 water 1 to 2 tablespoons at a time as needed, to keep the onions from sticking to the pan. Add the garlic and cook for 1 minute more.
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 is not just good for meats. Try it on cooked vegetables, potatoes, as a salad dressing or on grain bowls for a healthy punch of flavor.

Recipe

- 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 tablespoons vegan Worcestershire sauce, or 2 tablespoons low-sodium soy sauce
- 2 tablespoons pure maple syrup
- 2 tablespoons unsulphured molasses
- 3 tablespoons prepared yellow mustard
- freshly ground black pepper

Grocery List (add optional toppings to list as desired)

Produce

- 1 medium onion
- 1 clove garlic

Canned Goods/Grocery

- 1 cup tomato sauce
- ¼ cup apple cider vinegar
- Worcestershire or soy sauce
- Maple syrup
- Molasses
- Prepared yellow mustard

Spices

- Black pepper