

Barbecue Sauce



Homemade Barbecue Sauce is always the best. You know everything that's in it and you can make it just as spicy as you like.

Preparation time: 10 minutes

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients before you start cooking.

Barbecue Sauce

2 tsp. olive oil
1 large clove garlic (smashed and chopped)
1/2 C. onion (finely-chopped)

1 can no sodium added tomato sauce
4 T. balsamic vinegar
1 tsp. Worcestershire sauce
1 T. chili powder
2 tsp. dried oregano leaves
4 T. molasses or sorgum
1/8 tsp. cayenne pepper (to taste)
1/2 tsp. salt

Assembly Instructions

1. Chop garlic and let rest while you chop onion and organize ingredients.
2. Measure oil into a small saucepan with garlic and onion. Heat over medium-high heat until garlic becomes fragrant.
3. Measure all other ingredients into the saucepan. Mix well. Bring to a boil and reduce heat to low. Cover and cook 10 minutes.
4. Allow to cool. Store sauce in fridge in a glass jar with tight-fitting lid. It will keep for weeks.

