

Homemade Worcestershire Sauce

Ingredients:

* 1 c      Lemon Juice
* 2 T      Organic Apple Juice
* 2T       Soy Sauce
* 2 t       Water
* 2 t       Organic Cane or Dry Sweetener
* ¼ t      Onion Powder
* ¼ t      Garlic Powder
* ¼ t      Turmeric
* 1/8 t    Cinnamon Substitute
* 1/8 t    Cayenne Pepper

Directions:

Combine all ingredients and cook on medium heat for 45 minutes, stir occasionally.  Place all ingredients in a medium saucepan. Bring to a boil over medium-high heat; reduce heat to a simmer and cook until liquid is reduced by half, about 20 minutes. Strain through a fine-mesh sieve and let cool completely before using. Worcestershire sauce may be stored in an airtight container, refrigerated, for up to 3 months.