

Homemade Bar B’ Que Sauce

Ingredients:

·        4 c      Ketchup

·        ¾ c     Yellow Onion (chopped)

·        2T       Garlic (chopped)

·        ¼c      Molasses

·        ¾ c     Lemon Juice

·        1½ T   Organic Apple Juice

·        2 T      Vegetable or Olive Oil

·        1/8 c    Homemade Worcestershire Sauce

·        ½ t     Cayenne Pepper

·        2 T      Mild Mustard

Directions:

1. Heat the oil in a large pot over medium-high heat.
2. Add the onion and cook, stirring, for 4 minutes.
3. Add the garlic and cook, stirring, for 1 minute.
4. Add all the remaining ingredients, and bring to a boil.
5. Lower the heat to a simmer and cook, stirring occasionally, until the sauce has thickened and the flavors have married, 15 to 20 minutes.
6. Remove from the heat and set aside to cool.

24 Servings

68 Calories Per Serving

Naturally Homemade Ketchup

Ingredients:

* 12 oz      Tomato Paste
* 2½c        Water
* 8T           Cane Sugar
* 2t            Molasses
* ½ c         Lemon Juice
* 2t            Oil
* 1t            Onion Powder
* 1t            Garlic Powder
* ½t           Celery Seed Powder
* ½t           Paprika
* ⅛t           Cayenne
* 1t            Cinnamon Substitute
* 2T           Pink or Sea Salt

Directions:

Mix paste and water then add other ingredients and cook over medium heat for 2 hours.  Refrigerate and serve when chilled. Refrigerate until ready to serve.

Keeps for 30 days

32 Servings

24 Calories Per Serving

Mild Mustard

Ingredients:

* ½ c     Lemon Juice
* ¼ c     Water
* ¼ c     Soy Flour
* 1 t       Sea Salt
* 1-2     Garlic Gloves (small)
* 1 t       Turmeric
* 1         Pinch of Paprika
* 1½ t   Maple Syrup

Directions:

Mix all ingredients until smooth.  Pour into a saucepan and cook on medium heat, stirring continually until mustard thickens.  Last about 30 days.

20 Servings

10 Calories Per Serving

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.

Cinnamon Substitute

Ingredients:

* 2 T      Coriander Powder
* 1 T      Cardamom Powder