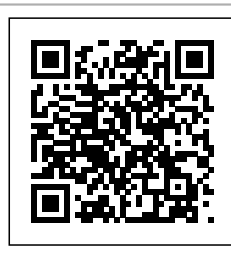


# Barbecue Sauce



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Video!



Recipe by: Laura Vitale

*Makes about 3 cups*

**Prep Time: 2 minutes**

**Cook Time: 35 minutes**

## Ingredients

- ½ Small Onion, finely minced
- 2 Cloves of Garlic, minced
- 2 Tbsp veg oil
- 2 cups of Ketchup
- 2 Tbsp Apple Cider Vinegar
- 1/2 cup of Water
- 3 Tbsp of Maple Syrup
- ½ cup of Brown Sugar
- 2 tsp of Dried Mustard
- 3/4 tsp of Smoked Paprika
- 1 tsp Paprika
- 2 tsp of Chili Powder
- 2 tsp of Worcestershire Sauce (I didnt show it in the video but I did add some in)
- Salt and Pepper, to taste

1) Sautee onion and garlic with vegetable oil for 3 to 4 minutes or until softened.

2) Add remaining ingredients and simmer for 30 minutes on low.

