

Del's Basic BBQ Sauce

Swick

Serves 16 | Active Time: 20 minutes | Total Time: 1 hour 15 minutes

Step 1: Making the Sauce

- 1 medium onion, minced
- 1 clove garlic, minced
- 1 cup tomato sauce
- ¼ cup apple cider vinegar, plus more as needed
- 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

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.

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).

Store in an airtight container in the refrigerator for up to 7 days.