



VEGAN BBQ SAUCE

SERVES: 12 (2 Tbsp. each) Prep Time: 7 min. Cooking Time: 23 min.

CONTAINER EQUIVALENTS (per serving): ½

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- 2 Tbsp.** apple cider vinegar
- 2 Tbsp.** pure maple syrup
- 1 cup** reduced-sodium vegetable broth
- 1 cup** all-natural ketchup, gluten-free
- 1 Tbsp.** orange marmalade
- 1 Tbsp.** Worcestershire sauce, vegan, gluten-free
- 1 tsp.** onion powder
- 1 tsp.** garlic powder
- 1 tsp.** ground smoked paprika
- ½ tsp.** ground black pepper
- ½ tsp.** chili powder
- ½ tsp.** ground cumin
- ¼ tsp.** ground allspice
- ¼ tsp.** sea salt (or Himalayan salt)

- 1.** Combine vinegar and maple syrup in medium saucepan over medium-high heat; cook for 3 minutes, until liquid just begins to caramelize.
- 2.** Whisk in broth, ketchup, marmalade, Worcestershire sauce, onion powder, garlic powder, paprika, pepper, chili powder, cumin, allspice, and salt. Reduce heat to medium-low; cook for 20 minutes, or until mixture slightly thickens.

NUTRITIONAL INFORMATION (per serving): Calories: 46 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 136 mg Carbohydrates: 10 g Fiber: 0 g Sugars: 9 g Protein: 0 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.