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# HOMEMADE "TABLESPOON" BBQ SAUCE

## INGREDIENTS

*MAKES 2 CUPS*

- 1 6 ounce can tomato paste
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon chili powder
- 1 tablespoon smoked paprika
- 1 tablespoon liquid smoke
- 1 tablespoon coconut aminos\*
- 1/4 cup apple cider vinegar
- 1/2 cup maple syrup
- 1 tablespoon spicy brown mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 oz dark chocolate or 1 square of a 3.5 oz bar
- 1/2-1 cup water, to desired consistency

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## INSTRUCTIONS

1. Place all ingredients (except for the dark chocolate) with 1/2 cup water in a wide saute pan or frying pan and warm over medium heat, stirring frequently. Simmer until ingredients are well-blended, about 5-7 minutes. DO NOT BOIL. Add more water to reach the desired consistency. Add dark chocolate and stir until melted.

### Notes:

- If you want more heat, add several dashes of hot sauce or 1/8 tsp cayenne pepper. For smokier flavor, add more smoked paprika or liquid smoke. Add an extra splash of maple syrup if you prefer sweeter barbecue sauce. You can also add more vinegar too.
- Liquid aminos is a gluten-free low-sodium option that can be used in place of Worcestershire sauce