



BBQ SAUCE

By Dr. Cindy Tanzar
(Standard/Maintenance)

You don't need to figure out how to add this to your checklist. Just enjoy!!!



INGREDIENTS

- 3 oz. tomato paste
- 1/4 c. apple cider vinegar
- 3 tbsp. lemon juice
- 1 tbsp. hot sauce
- 1 tbsp. minced onion
- 3 cloves crushed garlic
- 1/4 tsp. chili powder
- 1/2 tsp. Worcestershire sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. crushed parsley



Liquid smoke to taste
Cayenne, salt, and pepper to taste
Stevia, or chocolate stevia, to taste
Water, for consistency

DIRECTIONS

Bring all ingredients to a boil, simmer for 5 minutes.