

CHIPOTLE BBQ SAUCE

PREP TIME 5 mins	COOK TIME 60 mins	TOTAL TIME 65 mins	SERVES 1.5 cups
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SEASON: Spring*, Summer, Fall

WEEKS: 1-13* & Living Wildfit

*Includes middle veg and has sugars to be omitted



INGREDIENTS

- 6 plum tomatoes, seeded
- 1/3 cup apple cider vinegar
- 2 Tbsp Braggs Liquid Aminos
- 1/4 tsp mustard powder
- 1 Tbsp blackstrap molasses
- 1/4 of dried chipotle pepper, increase as you enjoy spiciness
- 2 1/2 tsp chili powder, increase as you enjoy smokiness
- 1/2 tsp cinnamon
- 1/8 tsp of cumin
- 1/8 tsp cloves
- 1/2 small yellow onion, grated
- 1 large garlic clove, grated
- 1 tsp Himalayan salt
- 1/2 tsp ground black pepper
- 1/4 cup of honey (optional)

PREPARATION

1. First, puree all of the ingredients except the honey in a blender (or food processor).
2. From the blender, immediately pour the sauce into a small saucepan and slowly simmer over medium-high heat.
3. Bring the mixture to a boil and then reduce the heat and let simmer on low, stirring frequently, about once every 10-15 minutes to incorporate the flavours.
4. Continue to cook, uncovered, for about an hour. As you get used to this recipe, you can adapt it as you like. Generally, this recipe is enough to coat meat for 4-6 people.
5. After the sauce has cooled slightly, whisk in the honey, if using. Start with a tablespoon or two and gradually increase to desired sweetness.
6. To use the sauce on meat or vegetables, wait until it is near done, crank up the heat to high and slather on the sauce. Heat it for about 5-10 minutes on each side or until it bubbles.
7. Transfer unused sauce to an airtight storage container. Store your sauce in the refrigerator for up to a week.