

Traditional, Smoky Barbecue Sauce



Plan Z Phase: This is a Z2 (ZReduction) recipe.

This barbecue sauce is most like the tangy sauces you find in a jar at the store. This just doesn't have the nasty sugar they add to all of the other sauces. You can always make this sauce spicier by adding cayenne, chili powder or hot sauce. If you make it following this recipe it will be tangy and smoky without any real fiery taste.

Ingredients:

- 8 oz tomato sauce (find one with no sugar in the ingredients list)
- 6 oz of tomato paste (same thing, no sugar)
- 1 cup of water
- $\frac{1}{4}$ cup of cider vinegar
- 1 tsp of liquid smoke
- 1 tsp of cinnamon
- 1 tsp of chili powder
- 2 tsp of Truvia

If you want to add some kick, you can also add these ingredients

(they are all optional):

- 1 Tbl Worcestershire sauce
- 1 tsp smoked paprika
- 1/4 tsp onion powder
- dash of garlic powder

Instructions:

Put all ingredients in a medium saucepan. Cook on medium until well blended and flavors meld. Stir often.

Serving Suggestions:

For Z2 you can use 2 Tbl of this sauce on a grilled chicken breast.

For Z3 you can use this sauce on chicken or ribs. To cook the ribs I put them in a large pan. Pour 1 cup of the sauce over a rack of ribs (use back ribs/pork). Roast the ribs for about 3 hours at 275 degrees. When the meat begins to shrink off the bones they will be ready to eat. I pour a bit more sauce over the ribs and cook them just 10-15 minutes more and they are ready to eat.

Enjoy!

Cheers,