



What is summer without a great BBQ sauce?  
Well it is not, so I am here to share with you  
a PLAN worthy BBQ sauce that will never have you purchasing  
a brand name again. Now what could be better than this?

I will tell you, someone to keep me in a constant supply.  
I made this last night, I have enough for at least a month.  
And we go through plenty over the course of the summer.

I also made a honey garlic one, I will share another day!  
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## PLAN Worthy BBQ Sauce

### INGREDIENTS

3 Large onions chopped  
2 tb vegetable oil to cook onions  
1 med size can of tomato paste  
2 large cans tomatoes (pour all contents in pot)  
3/4 cup orange juice (not from concentrate,  
dilute or purchased a small bottle)  
1 3/4 cups white vinegar  
2 tb dark brown sugar  
1 tb salt  
1 tb paprika

1 tb freshly cracked black pepper  
2 tb chili powder  
3 tb molasses

2 tb Liquid Barbecue Smoke (this is your secret ingredient, and trust me 2 tb is more than enough)  
(you can find this in the same area as the ketchups, mustards and condiments)  
7 tb brown mustard Dijon-style

## HOW TO.

You will need a large pot 6-8 quarts. Sauté onions with olive oil until soft. Add all the ingredients in order. Bring to boil and then reduce heat to simmer for at least 3 1/2 hours. The longer it cooks the better the sauce is and this reduces the acidity of the tomatoes.

Once cooked, puree in blender so that it is nice and smooth, will keep for at least a month in your refrigerator...But you may want to share it or at least sell it lol..

To me!

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[www.Iwantitall.net](http://www.Iwantitall.net)

"DO WHAT YOU LOVE AND  
PEOPLE WILL LOVE WHAT YOU DO"