

Barbecue Sauce

Time to prepare: 30-40 minutes

Difficulty: Very Easy

Utensils: knife, blender / Food processor / Immersion blender, frying pan/skillet/wok

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: USA

Ingredients:

- 300g tomato paste or 500g fresh tomatoes, peeled and diced
- 120g of pitted dates or other sweetener of choice
- 100ml of soy sauce/tamari/liquid aminos/coconut aminos
- 60ml vinegar of choice
- 6 garlic cloves minced
- 2 peppers (paprika), minced
- 1 small onion, minced
- 1 teaspoon miso or salt

Optional:

- 1 teaspoon liquid smoke
- 1 fresh herb of choice, chopped
- 1 teaspoon each of 2 spices of choice
- 2 tablespoons of dried mushrooms of choice, diced

Preparation:

In your frying pan/skillet/wok add the onions, garlic, dates and peppers. Cook them with a pinch of water, vinegar or oil, your choice, for 2-3 minutes on medium heat. Add the tomato paste/diced tomatoes and the herbs if using any. Cook for 2-3 more minutes then add the water and the rest of the ingredients. Once the water is boiling let the mixture simmer on low heat for 10-15 minutes. Then add everything to your blender/food processor/immersion blender and mix until you get a smooth sauce. Let it cool and store in a jar in the refrigerator for 2-3 months.

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