

SMOKY VEGAN BBQ SAUCE



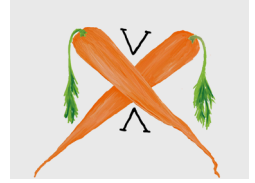
MAKES: ~ 2 CUPS

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 1/2 cup red onion, diced
- 2 garlic cloves, minced
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp smoked paprika
- 1/2 tsp ground mustard seed
- 1/4 cup low-sodium vegetable broth
- 1 1/2 cups tomato puree, no salt added
- 1/4 cup tomato paste
- 2 TBSP pure maple syrup
- 2 TBSP apple cider vinegar
- 2-3 tsp tamari or low-sodium soy sauce
- 1/4 tsp natural liquid smoke (optional)*
- 1-2 TBSP favorite hot sauce (optional)

METHOD

Heat a medium-sized saucepan over medium-high heat. Once hot, add the diced onion, stirring constantly.

When the onions begin to stick** (3-4 minutes), reduce heat to low, add the garlic and spices, stir. Immediately add the vegetable stock and tomato puree. Stir again to combine and bring to a simmer. Cook for 5 minutes, uncovered.

Add remaining ingredients (tomato paste, maple syrup, apple cider vinegar, tamari, liquid smoke, and hot sauce, if using). Stir and cook for 6-7 minutes.

Taste for flavor preferences: Add more tamari for salt, liquid smoke for smoky flavor, maple syrup for sweetness, or hot sauce for heat.

Remove from heat. Serve immediately or store in a glass jar in the refrigerator for up to 1 week (allow to cool completely before covering and refrigerating).

You can also freeze for later use!

Ideas for use: veggie burger condiment, marinade for tempeh or tofu, sauce over veggies of choice, etc.

NOTES:

*What's liquid smoke? It's a seasoning made from the condensation of smoking wood chips. It's then diluted in a bit of water and bottled. A quality, safe brand should contain just that: smoke and water. No added preservatives. Read about how it's made [here](#) and the safety of liquid smoke [here](#). (In summary, small amounts of liquid smoke show no evidence of increasing cancer risk. However, smoked meats continue to be associated with increased risk!). Find it near the BBQ sauce in most stores!

** This recipe uses a **no-oil sauté** option! When cooking with stainless steel, I find I can easily sauté with no oil as long as **1) I'm cooking over medium-high heat and my pan is properly pre-heated and 2) I am stirring constantly until I add my liquids**. If you have a gas or convection stove, you will also find you have more control to reduce the heat quickly as needed if burning occurs. **Practice** this a few times before trying with a recipe! If you don't feel comfortable sans oil, you can use 1-2 tsp grapeseed oil in this recipe when sautéing!

NUTRITION:

Serving Size: ~2 TBSP Calories per serving: 23 Total Fat: 0 g

Sodium: 29 mg Potassium: 23 mg Carbohydrate: 5 g

Fiber: 0 g Sugar: 2 g Protein: 0 g