

## ANNA'S BEST BBQ SAUCE RECIPE

If you are a label reader, perhaps you know that in most commercially prepared BBQ sauces SUGAR is usually an ingredient. Being sugar free, I had to come up with my own - and this one can compete with the best out there, if I say so myself. Hope you like it as much as my family does.

### INGREDIENTS:

1/4 cup vinegar - I usually use a combo of apple cider, red wine, and white balsamic vinegars  
1/4 cup Molasses  
1/4 cup Honey  
1 Cup Ketchup - make sure to buy the kind that does NOT contain HFCS  
1 T. stone ground mustard  
1 t. garlic salt  
1 t. dried onion  
1 t. chili powder - again I use a combo of regular chili powder and chipotle chili powders  
1 t. black pepper  
2 t. Worcester sauce  
2 t. lemon juice  
1 t. Chalula - this can be found in the Mexican/Hispanic sections of your grocery  
1/2 t. Liquid Smoke

Place all ingredients in a heavy bottom sauce pan, bring it to a boil, reduce the heat, and simmer for about 15 minutes.