

BBQ SAUCE

Use this on chicken or a meat substitute. Adjust the seasoning to make it more or less spicy.

SERVES 50 ADULTS

INGREDIENTS

6 cups (½ #10 can) ketchup
3 cups (¼ #10 can) water
½ cup molasses
½ cup apple cider vinegar
½ cup tomato paste
½ cup Dijon mustard
2 teaspoons black pepper
3 teaspoons paprika
3 teaspoons garlic powder
3 teaspoons onion powder
3 teaspoons oregano
2 teaspoons ground fennel

DIRECTIONS

1. Put all in a stock pot stir all ingredients.
2. Cook for an hour on low simmer, stirring occasionally.
3. Brush hot BBQ sauce onto cooked protein.