



SHAKTHI *Optimize*
HEALTH & WELLNESS CENTER *YOUR Vitality*

Memorial Day BBQ Recipes: BBQ Sauce

Ingredients

- 1 large onion, very finely diced
- 500ml/2 cups tomato sauce
- 4 tbsp. tomato puree/tomato paste
- 2 cloves garlic, minced
- 1 tbsp. paprika
- 4 tbsp. honey
- 3 tbsp. balsamic vinegar
- 1 tbsp. Worcestershire sauce
- Salt and pepper to taste
- 1 tsp. red chili flakes (optional)

Instructions

1. Add extra virgin olive oil to a sauté pan, cook on low heat until softened
2. Add the rest of the ingredients to the pan and let simmer for 3 minutes
3. If you would like a smoother BBQ sauce you can blend the mixture



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