

Barbecue Sauce – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 1 hour, 10 minutes

Serving Size: 12
Calories per serving: 60
Fat per serving: 0.9 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 42.

Ingredients

- 12 ounces tomato paste
- 2 cups apple juice
- 1/2 cup apple cider vinegar
- 2 tablespoons dry mustard
- 1 tablespoon minced shallot, or 1 tablespoon garlic powder
- 1 tablespoon cinnamon
- 3 whole star anise (optional)
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Instructions

1. Combine all the ingredients in a heavy bottomed saucepan.
2. Cover and cook for 1 hour over medium-low heat, stirring occasionally.
3. Remove the anise before serving.
4. Will keep covered in the refrigerator for 2-3 weeks.

Notes

Nutrition facts (per serving): Calories: 60, from fat: 7.2, total fat: 0.9g, cholesterol: 0mg, sodium: 23mg, total carbohydrate: 10g, fiber: 1.6g, sugar: 8g, protein: 1.9g.