

Barbecue Sauce

Ingredients:

1 cup ketchup
1/2 cup brown sugar (coconut sugar is great too)
1/4 cup apple cider vinegar
2 tablespoons Worcestershire sauce
1 tablespoon mustard
1 teaspoon Watkins Organic garlic powder
1 teaspoon Watkins Organic onion powder
Salt and pepper to taste

Instructions:

In a saucepan, combine all ingredients and stir well.

Bring the sauce to a simmer over medium heat, then reduce heat and let it simmer for 15-20 minutes, stirring occasionally.

Remove from heat and let it cool before using it to baste your favorite meats on the grill.

Recipe from: trustednaturalhomeproducts.com