

## Beet BBQ Sauce

3/4 cup beet puree (about 1 medium/large beet, boiled, peeled and pureed)

1/4 cup loosely packed brown sugar

1/3 cup ketchup

2 TBS balsamic vinegar + 1 TBS cider vinegar

# **1 TBS worcestershire sauce**

1 TBS ground mustard + 1/2 TBS paprika

# 1 TBS sriracha

salt and pepper to taste, water to thin out as needed

-Combine all ingredients and alter to your taste!

Beet and Peach BBQ

1 small beet (or 1/2 a large beet)

**2 tbsp nitrate free molasses**

**1 tsp honey**

# 1 ripe peach

pinch of salt

1 1/2 tbsp cider vinegar

## Canadian Barbecue Sauce

245g (9 oz) apple sauce or purée

120g (4 oz) ketchup

340g (12 oz) dark brown soft sugar

## 5 tablespoons lemon juice

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon paprika

1/2 teaspoon garlic powder

1/2 teaspoon ground cinnamon

Preparation method

Prep: 10 min

1. In a medium bowl, mix apple purée, ketchup, brown sugar, lemon juice, salt, black pepper, paprika, garlic powder and ground cinnamon.

2. Use the mixture to marinate ribs in the refrigerator for at least 30 minutes before preparing as desired. Also use for basting the ribs while cooking.

## Chilli and Rum BBQ Sauce

225g brown sugar

4 tablespoons chilli sauce

4 tablespoons rum

2 tablespoons soy sauce

4 tablespoons red sauce or ketchup

**4 tablespoons Worcestershire sauce**

2 cloves garlic, crushed

**1 teaspoon ground dry mustard**

**ground black pepper to taste**

Preparation method

Prep: 10 min |Cook: 30 min

1. In a saucepan over low heat, mix the brown sugar, chilli sauce, rum, soy sauce, ketchup, Worcestershire sauce, garlic, dry mustard and pepper. Simmer 30 minutes, stirring occasionally. Cool, and refrigerate until ready to use.