

Rachael Bryant's The Ultimate Sweet & Tangy Nightshade Free BBQ Sauce

Ingredients

- 1 cup / 140 g diced yellow onion
- 1/2 cup / 120 ml apple cider vinegar
- 1/2 cup / 120 ml unsweetened applesauce, *about one 4 oz single serving cup*
- 1/4 cup + 2 tbsp / 90 ml coconut aminos, *I like this one*, see notes for substitution
- 1/4 cup + 2 tbsp / 90 ml honey
- 1/4 cup / 60 ml balsamic vinegar
- 1/4 cup / 60 ml pumpkin puree, *I like this one*
- 2 tbsp / 30 ml unsulphured blackstrap molasses, *I like this one*
- 2 cloves garlic
- 2 tbsp + 1 tsp / 14 g ground ginger
- 1 tbsp / 15 g smoked salt, *I like hickory, mesquite or alderwood*
- 1 tsp / 5 ml gluten free fish sauce, *optional*
- 1/4 cup / 60 ml rendered & strained bacon fat, *optional, for added smoky flavor*



Instructions

BLEND:

Add all ingredients except the bacon fat to a blender and process until smooth and combined, scraping down the sides a few times as needed.

SIMMER: Pour the blended BBQ sauce mixture into a saucepan over medium heat, heating gently until the bbq sauce comes to a simmer. Add the bacon fat and stir until it melts and combines evenly with the bbq sauce.

THICKEN:

Reduce the heat so that the BBQ sauce simmers gently but doesn't boil or splash and cook, stirring gently, until the sauce thickens and darkens to a rich, deep brown hue. Don't worry about the foam that you may see on the top of the sauce at the beginning – just keep stirring regularly and it will dissipate as the sauce

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cooks, reduces and thickens. If you like your BBQ sauce with a bit more tanginess, add additional apple cider vinegar, to taste, then cook for an additional 5 minutes at the end.

STORE:

Pour the finished nightshade free BBQ sauce carefully into jars to cool. You can keep the BBQ sauce in the fridge for up to 2 months. You can use it straight from the fridge as a marinade, but you'll want to gently reheat it to use on the side as the bacon fat will re-solidify when chilled.

Notes

To make a coconut free of this nightshade free BBQ sauce, omit the coconut aminos and increase the fish sauce by 2 tablespoons / 30 ml and the balsamic vinegar by 1 tablespoon / 15 ml. You can also add 3 tablespoons of broth or water, if you like, to make up the liquid volume lost.

Recipe Courtesy of Rachael Bryant and This AIP BBQ Sauce from **The Paleo Healing Cookbooklooks**, tastes & acts just like your old favorite recipe and <https://meatified.com/sweet-tangy-nightshade-free-bbq-sauce/>