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Barbecue Sauce for Chicken (or ribs)

(Makes about 2 1/2 cups)

INGREDIENTS

- 1 large yellow onion, chopped
- 3 tablespoons canola oil
- 1 cup ketchup
- 1 cup water
- 1 tablespoon soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons yellow mustard
- 1 tablespoon brown sugar
- 1/2 teaspoon ground black pepper
- 2-3 tablespoons fresh or bottled lemon juice

DIRECTIONS

In a medium sauce pan, heat oil and cook onions until translucent and just beginning to brown. Add remaining ingredients and stir well. Bring to boil and boil for one full minute, stirring the whole time.

Marinate the chicken in 1/4-1/2 of the barbecue sauce overnight. Heat and serve remaining sauce with cooked chicken.

*Can store barbecue sauce in an airtight container in the refrigerator for a few weeks!

Reach the reporter at: info@lamorindaweekly.com

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