

**Maple Bourbon Barbecue Sauce**

This is my 'go to' barbecue sauce for grilling. It's delicious, I make it myself so I know what's in it and I can cut down on things like sodium, sugar and preservatives, and my family loves it.

Ingredients:

1 x 14 oz. can no salt added tomato sauce  
1 x 5.5oz. can no salt added tomato paste  
1 onion, finely chopped  
3 cloves garlic, minced  
1/2 c. apple cider vinegar  
1/3 c. packed brown sugar  
1/2 tsp. salt  
1/2 tsp. pepper  
1/3 c. bourbon (I use Jim Beam Kentucky Straight)  
1/4 c. Canadian or Vermont Maple Syrup  
1 tsp. Worcestershire  
pinch of cinnamon  
1/4 c. grainy mustard

Whisk all ingredients in a saucepan and bring to a boil over medium-high heat, stirring frequently. Reduce heat to low and simmer, stirring occasionally until sauce thickens and reduced in volume by 1/3, about 1 hour. Let cool, pour into blender and puree until smooth. Store in airtight container in refrigerator for up to one month.