

Sugar Free BBQ Sauce

recipe from Whole 30 Slow Cooker by Melissa Hartwig

Ingredients

- 2 tablespoons ghee, clarified butter or olive oil
- 1 small onion, diced
- 3 cloves roasted garlic
- 1 large sweet potato, peeled and cut into 1-inch cubes
- 1/2 cup apple cider vinegar
- 1 can (3 ounces) tomato paste
- 1 tablespoon apple cider vinegar
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon chipotle powder
- infused olive oil to desired potency

Instructions

- Heat the ghee/olive in a medium skillet over medium heat. Do not use your infused olive oil here as the heat. When the ghee/oil is hot, add the onion and cook, stirring occasionally, until it starts to brown and caramelize, 15- 20 minutes.
- Meanwhile, combine the roasted garlic, sweet potato and 1/2 cup apple cider in a medium saucepan. Add enough water to just cover the sweet potato - do not over-cover. Bring to a boil, then reduce the heat to a simmer and cook until the sweet potato is fork-tender, about 15 minutes. Strain and **reserve** the liquid from the pan.
- Combine the sautéed onion and sweet potato mixture in a food processor or blender. Add the tomato paste, 1 tablespoon of vinegar, park, salt and chipotle powder. Add 1/4 cup of the reserved cooking liquid and blend on low to medium speed. If the mixture is still too thick, add more liquid, 1/4 cup at a time, while blender until you arrive at the desired consistency.
- Store in the fridge for up to 5 days.

Notes

To **roast garlic** in the oven, preheat the oven to 400F. Peel the loose outer skin from a large head of garlic and wrap in foil, closing off the top. Place on a baking sheet and roast for 45 minutes, until the bulb is lightly browned at the top and feels soft when you squeeze it. Remove the garlic bulb from the foil carefully, and set aside until it's cool to the touch. Peel each clove of garlic carefully, using the sharp tip of a paring knife to break open each in clove - it may be easier to squeeze the garlic out.