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Grilled Chicken with Less Sugar Barbecue Sauce

(Prep time 25 mins)

(Cook time 40 mins)

(Yield 6 servings)

- 1 tbsp olive oil
- 1 small onion, minced
- 8 oz canned tomato sauce
- 1 cup water
- ¼ cup white vinegar
- ¼ cup Worcestershire sauce
- 1 t salt (optional)
- 2 tsp paprika
- 2 tsp chili powder
- 1 tsp pepper
- 1/4 tsp clove
- 2 lbs. skinless bone-in chicken thighs

METHOD

- Preheat oven to 350 °F
- Add olive oil and onions to a saucepan. Turn stove on to medium high heat.
- Cook onions until slightly softened, then add the rest of the ingredients to the pan. Stir to mix ingredients while cooking.
- Continue to cook until the sauce is reduced to a thicker consistency. Remove from heat.
- Grill chicken pieces in an oven-safe pan on high heat on the stove after you put all the sauce ingredients into the saucepan.
- After both sides of the chicken is seared, cover the pan with foil and put in the pre-heated oven to finish cooking (approx. 15 minutes). Cook the chicken pieces until the internal temperature reaches 165 °F.
- Place cooked chicken on plate and BBQ sauce on top.

Nutrient analysis (including chicken): Calories 274, Total fat 13g, Sat Fat 4g, Sodium 282mg, Carbohydrate 7g.

Cooking
WITH *Life*
CHEF RAY NUTTIE

This recipe does not adhere to Kosher guidelines.