

# Lynn's Secret Sweet Maple Bbq Sauce Recipe

*This sauce is delicious on chicken, chops or ribs, and you can vary the ingredients depending on what you have on hand in your pantry.*

## **Mix together:**

**1/2 cup ketchup, or 1/4 cup ketchup mixed with 1/4 cup chili sauce or salsa**

**1 Tablespoon of soy sauce or Worcestershire sauce**

**1/2 - 3/4 cup maple syrup (depending on how sweet you like it!)**

**1 tsp. Montreal Steak Spice (I put this in almost everything!)**

**1/8 cup of minced onion and garlic cloves (In a pinch use garlic and/or onion salt)**

**If you bring this to a boil and then simmer it in a saucepan, uncovered, for 20 minutes, you can cool it and store it in the fridge, tightly covered, for future use, in the next week or two.**

**You can also brush this sauce onto your meat on the BBQ, or pour it onto meat baking in the oven. Do not put the sauce on the meat until it is almost cooked, or the sauce may burn. A good 15 minutes will allow the sticky sweetness of the sauce to glaze and flavour your meat.**

*Enjoy!*