

# Pomegranate-Peach BBQ Sauce

TRY THIS ON CHICKEN, TOFU, OR ROASTED VEGGIES!  
IT'S DELICIOUS ON A ROASTED ROOT VEG MIX.

## Ingredients

- 3 tablespoons EVOO
- 1/2 cup finely chopped red onion
- 1/4 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper or to taste
- 1 large clove garlic, minced
- 1 cup diced (peeled if you like) peaches fresh or frozen
- 1 cup no- or low-sugar tomato sauce
- 1/4 cup water
- 1/4 cup red wine vinegar
- 1/4 cup pomegranate molasses
- 3 tablespoons fresh lime juice
- 2 tablespoons tamari or soy sauce
- 2 tablespoons tomato paste
- 1-2 tablespoons chopped chipotle in adobo
- 2 teaspoons minced fresh sage (optional)

## Instructions

- Warm the oil in a small pan over medium heat. Add the onion and saute 5-7 minutes or until onion is soft. Add salt, cayenne, and garlic and saute until fragrant, about 1-2 minutes.
- Transfer pan-contents to a blender. Add the rest of the ingredients (except the optional sage) and blend until smooth.
- Pour the sauce back into the pan and simmer over medium-low, stirring occasionally, until thick - about 20 minutes. Stir in sage if using. Taste and add more salt if you wish.
- Use immediately or store in a tightly sealed jar in the refrigerator for up to 1 week.

ADAPTED FROM CHEF BRYANT TERRY'S  
AFRO-VEGAN | YIELD: 2 1/2 CUPS

