

# BBQ Sauce & Dry Rub

Makes about 2/3 to 3/4 cup



## INGREDIENTS

\*Base: ½ of 11.5 oz jar of Spanish Gardens **Mild** Taco Sauce

Spices:

Mustard seed

Onion powder

Garlic powder

Spanish Gardens taco seasoning (powdered)

Cumin seed, ground

Smoked paprika

Pink Himalayan salt

Allspice

Cinnamon

Liquid smoke

Better Stevia liquid sweetener

\*If you like a HOT BBQ sauce, you can add red pepper flakes, cayenne, black pepper, and start with the **Hot** Spanish Gardens Taco Sauce as your base.

## INSTRUCTIONS

Place taco sauce in small bowl, add spices, a little at a time, stirring well between each addition with a small wire whisk, taste testing as you go until you get it juuuuuust right. We like our sauce sweet, so we may use a bit more Better Stevia than you would. I probably put scant ¼ to ½ teaspoons of each spice as I went and tasted. This was enough to sauce three huge pork steaks on both sides, twice, and still had half the sauce leftover for next time and some to dip the meat in as we ate.

I also started with a dry rub which I made using an Atkins and will list in case you want to use that first. Brushed the steaks with avocado oil then added the rub. Cooked with that on it for half my cooking time (½ hour over low flame) then brushed on the sauce and let it get nice and caramelized on both sides, and had some for dipping while eating. You know how to do it!

### **Dry Rub Ingredients**

Makes enough to last a long time. Store in a container with shaker holes to distribute evenly when you use it. Does not need to be refrigerated.

Mustard seed, yellow, 1 tsp  
Onion powder, 6 tsp  
Allspice, ground, 1 tsp  
Black pepper, ground, 4-1/2 tsp  
Chili powder, 1-1/2 TBSP  
Cumin seed, ground, 6 tsp  
Garlic powder, 6 tsp  
Smoked paprika, 1 TBSP