

July 27- Healthyish's Homemade BBQ sauce SNHFM style

½ cup Anderson's Mini Maples' maple syrup
3 Lindon Garlic Farm's Garlic cloves
2 tbsp Celeste Oliva's Olive oil
4 tsp New England Sauce's Habanero hot sauce
3 lb Hurd Farm's Bone in chicken thighs
Salt
2 tbsp rice vinegar
¼ cup Worcester sauce
¼ cup soy sauce
6 tbsp tomato paste

Heat olive oil in pan, cook crushed garlic cloves in it, add tomato paste when garlic has browned scraping and stirring as it cooks, add maple syrup, soy sauce, Worcestershire sauce, vinegar, and hot sauce, reduce heat and let simmer for a few minutes and remove from heat. Coat chicken thigh in BBQ sauce and barbeque on grill until meat is cooked through.