

Texas Barbecue Sauce

Yield: 2 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/barbecue-sauce-recipe-jamaican>

Ingredients:

- 1/4 cup lard
- 1/2 cup yellow onions diced
- 3 garlic cloves minced
- 1/2 cup diced celery
- 1 cup ketchup natural, rely on a sugar-free ketchup if you do that Paleo thing
- 1/2 cup apple cider vinegar
- 1 cup cold water
- 1/4 cup worcestershire sauce
- 1 teaspoon freshly ground black pepper
- 1 tablespoon chili powder

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 25 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 10 grams
8. Sodium: 1750 milligrams
9. Sugar: 34 grams

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