

## Matthew's Bar-B-Q Sauce ©



While Matthew and I were looking through some recipe clippings I had accumulated, Matthew, just a little guy at that time, saw a recipe for BBQ Ribs and said, "That looks really good dad, we should make some." and with some Croy Tweaks", the recipe for "Matherw's Ribs" was born.

### INGREDIENTS:

- 1 cup - Water
- 1 cup - Ketchup
- 1/2 teaspoon - Salt [\*] 1/3 cup - Vinegar
- 1/3 cup - Brown Sugar [\*] 1 tsp. - Dried Mustard
- 1 tsp. - Paprika [\*] 1/2 tsp. - Chili Powder
- 3 tbsp. - Worcestershire Sauce

*Great, served as a condiment or in a small bowl for dipping!*

### DIRECTIONS:

- 1.) Combine all ingredients in a saucepan, bring to a bubble over low heat.
- 2.) Cook for 15 minutes, stirring frequently.

*Mmmmmmmmm, Gooood!*

## Ken's Herb Grilling Sauce



This type o sauce in cooking can be traced to German settlers in the 18th century. This recipe came into existence on Road 8. A grilling sauce is used for basting and coating grilled food. Grilling differs from barbecuing, while the low and slow barbecue method is an offset heat form of cooking, grilling is the method of cooking over a high heat source. Sauces intended for grilling should contain less sweeteners.

Prep Time: 5 min.

### INGREDIENTS:

- 1 can (14 oz.) - Swanson® Chicken Broth (1 3/4 cups)
- 3 tbsp. - Lemon Juice
- 1 tsp. dried Basil Leaves, crushed
- 1 tsp. dried Thyme Leaves, crushed
- 1/8 tsp. Black Pepper

### DIRECTIONS:

- 1.) MIX broth, lemon juice, basil, thyme, and pepper. Use to baste chicken, fish, or pork during grilling. - Makes 2 cups.
- 2.) Freeze sauce in 1/2 cup portions for later use. Use sauce as a marinade before grilling.

## Ken's Guacamole (Avocado Sauce)



Guacamole is a delightful dip created by gently mashing avocados, lime, onion, and other fresh ingredients. It pairs perfectly with a bowl of tortilla chips or with your favorite fajitas or tacos. This is my version of an unknown original recipe, resulting in a great simple to make dip.

### INGREDIENTS:

- 2 Medium - Avocados (seeded, peeled, chopped)
- 1/2 small - Onion (chopped)
- 2 tbsps. - Lemon Juice
- 1 clove - Garlic (minced)
- 1/2 tsp. - Salt
- 1/4 tsp. - Pepper (ground)

### DIRECTIONS:

- 1.) In blender place Avocados, Onion, Lemon Juice, Garlic, Salt, and Pepper; cover and blend till well combined.
- 2.) Use as a dip for chips or as a sauce for main dishes and appetizers.

Makes about 1 1/4 cups. Reaaaalllly Good!

## Ken's Mushroom Sauce

Shown served over Spinach Loaf



Servings: 8  
Serving size: 2 tbsps.

This mushroom cream sauce is best for meats, fish, pasta, and many vegetable dishes. It certainly is a great topping for our Spinach Loaf. The foundation of this sauce is "caramelizing" the mushrooms before adding the cream and balance of the ingredients. It develops the deep mushroom flavor in the cream sauced. Original recipes are a mystery.

### INGREDIENTS:

- 8 oz. - Mushrooms (thinly sliced) [\*\*] 6 tbsps. - Butter
- 3 tbsps. - "All Purpose" Flour [\*\*] 1/2 tsp. - Salt
- 1/8 tsp. - Pepper [\*\*] 1 Cup - Cream Half & Half

### DIRECTIONS:

- 1) Sauté mushrooms with 3 Tablespoons Butter in a small skillet over medium heat until tender, about 3 minutes or less.
- 2) Melt 3 Tablespoons Butter in a 1 qt. saucepan over medium heat; stir in Flour, Salt, and Pepper. Cook and stir for 2 minutes, gradually add Half & Half. Cook, stirring constantly until mixture thickens, about 5 minutes. Stir in Mushrooms.

**NOTE:** Makes about 1 1/2 cups. Goes great served over a wide variety of dishes, especially Spinach Loaf.