

[FREEZER STASH]

3 SAVORY SAUCES SESSION

BBQ SAUCE

SWEET-N-SOUR SAUCE

NOMATO SAUCE



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making 3 different Paleo and AIP-friendly savory sauces.

HOW MANY SERVINGS DO THESE MAKE?

Each session makes approximately 4 servings. Feel free to double or triple the recipe if you're preparing for multiple servings.

HOW LONG CAN THESE BE STORED?

These sauces can be stored in the fridge for up to 5 days.

They can also be stored in the freezer up to 3 months. They can be stored longer, but you start getting a freezer flavor to your sauces the longer they are frozen.

HOW LONG DOES THIS SESSION TAKE?

This session will take at least 1 hour, from start to finish. There is a little hands off time while the sauces are cooking, which you can use to do some cleaning, another short session, or to rest.



SHOPPING LIST

FOR THE NOMATO SAUCE

- 6 Carrots, chopped (peeled if desired)
- 3 medium Beets, peeled and chopped
- 1 medium Yellow Onion, peeled and chopped
- 4 stalks Celery, chopped
- 4 cloves Garlic, peeled and chopped
- 1/4 cup Red Wine Vinegar
- 2 cups Chicken or Beef Broth
- 1 tablespoon Olive Oil
- 1 teaspoon Dried Basil
- 1 teaspoon Dried Oregano
- 1 teaspoon Sea Salt

FOR THE BBQ SAUCE

- 1 tablespoon Avocado Oil (or other cooking fat)
- 1 medium Yellow Onion, diced
- 3 tablespoon Apple Cider Vinegar (or White Wine Vinegar)
- 1 large Carrot, diced
- 1 small Apple, diced
- 2 tbsp Maple Syrup
- 1 tsp dried Ginger
- 1 tsp Sea Salt (Smoked if possible but not necessary)
- 1/2 cup Water

FOR THE SWEET-N-SOUR SAUCE

- 2 tablespoon Apple Cider Vinegar
- 1/2 cup Pineapple Juice
- 2 tablespoon Coconut Sugar, Maple Sugar, or Honey
- 2 tablespoon Coconut Aminos
- 1 tablespoon Arrowroot Powder can also use tapioca starch or cassava flour

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your pantry ingredients for easy access. Gather the following equipment:

- Blender, food processor immersion blender
- 3 sauce pans; or 2 sauce pans and a sauté pan
- Measuring spoons and measuring cups
- Airtight containers or freezer molds (e.g. ice cube trays, Souper Cubes, freezer bags)

2: PREP THE NOMATO SAUCE

Peel and dice 3 beets. Put them into a large saucepan.

Then peel and dice 1 yellow onion and chop 3 stalks of celery - add to the pan.

Peel and slightly smash 4 cloves of garlic and add to the pan.

Then add the following to your pan:

- 1/4 cup Red Wine Vinegar
- 2 cups Chicken or Beef Broth
- 1 tablespoon Olive Oil
- 1 teaspoon Dried Basil
- 1 teaspoon Dried Oregano
- 1 teaspoon Sea Salt

Give it a good mix. Put it on the stove over high heat and let come to a boil. While you are waiting for that, move on to Step 3.

3: PREP THE BBQ SAUCE

Put another large sauce pan on the stove over medium-high heat and add 1 tablespoon Avocado Oil.

Dice 1 yellow onion and add to your BBQ sauce pan. Stir to coat the onion in oil. Stir occasionally until the onions are translucent. While they are cooking proceed to dice 1 carrot and 1 small apple.

Note: Your beet mixture may be boiling at this point. Turn the burner down to a simmer and cover.

When the onions are translucent, add the diced carrot and apple to the pan.

ORDER OF OPERATIONS CONT.

3: PREP THE BBQ SAUCE (CONT.)

Add the following to your BBQ sauce pan:

- 3 tablespoons Apple Cider Vinegar
- 2 tablespoons Maple Syrup
- 1 teaspoon dried Ginger
- 1 teaspoon Smoked Sea Salt, or plain Sea Salt
- 1/2 cup water

Mix everything and bring the mixture to a boil. Once it's boiling, turn the burner down to a simmer and set a timer for 25 minutes.

While those are cooking, work on the sweet-and-sour sauce.

4: PREP THE SWEET-N-SOUR SAUCE

To a small sauce pan or sauté pan, add:

- 2 tablespoons Apple Cider Vinegar
- 1/2 cup Pineapple Juice
- 2 tablespoons Coconut Sugar, Maple Sugar, or Honey
- 2 tablespoons Coconut Aminos
- 1 tablespoon Arrowroot Powder, Tapioca Starch, or Cassava Flour

Whisk to mix well and then put on the stove over medium heat. Stir it occasionally and let it simmer until it starts bubbling, about 3-5 minutes.

It's a good time to start to clean while waiting for this!

Once the sweet and sour sauce starts bubbling, whisk a few times until completely thickened, then remove it from the heat and set aside for a few minutes to cool.

It should have the texture of a thick syrup.

5: STORE THE SWEET-N-SOUR SAUCE

Store your sweet-n-sour sauce in an airtight container in the fridge for up to 5 days.

Or freeze using your method of choice - ice cube trays for really small servings, or Souper Cubes or ziploc bags for larger servings.

If you're just freezing this for yourself, split it up into smaller servings or use ice cube trays, about 1-2 ice cubes per meal is a good amount.

ORDER OF OPERATIONS CONT.

6: CHECK AND STORE THE BBQ SAUCE

Once the bbq sauce timer goes off, check the carrots and see if they're tender. If they aren't, simmer for another 10 minutes and check again. If they are tender, take the mixture off the heat and set it aside for a few minutes.

Once cooled, use a stick blender, blender, or food processor and blend until smooth.

Store in an airtight container in the fridge for up to 5 days. For freezing, use your method of choice. I recommend a bit more per serving - like 2-3 ice cubes or $\frac{1}{2}$ cup serving sizes per person. Store in the freezer for up to 3 months.

7: CHECK AND STORE THE NOMATO SAUCE

Once the beets and carrots are tender in the NoMato sauce, remove that pan from the heat and set aside for a few minutes to cool a little.

Once cooled, use a stick blender, blender, or food processor and blend until smooth.

Store in an airtight container in the fridge for up to 5 days. For freezing, use your method of choice. I recommend a bit more per serving - like 2-3 ice cubes or $\frac{1}{2}$ cup serving sizes per person. Store in the freezer for up to 3 months.

8: REHEAT FROM FROZEN

All of these sauces reheat directly from frozen - depending on how you froze them you can either:

Souper Cube/Ice Cube Tray Method:

Reheat several ice cube's worth of sauce or a Souper Cube cube directly in a pan on the stove or in the microwave.

Freezer Bag Method

If you used plastic freezer bags, cut the bag away from the frozen sauce and reheat as desired (e.g. stove or microwave) or if you used silicone freezer bags or want to reuse your plastic ones, let the block thaw slightly and then push out of the bag and reheat as desired.

MEAL IDEAS

USE THESE SAUCES TO ADD A PUNCH OF FLAVOR TO SO MANY DISHES!

The BBQ Sauce:

serve with shredded pork, coleslaw, and pineapple spears. Or slather over bbq ribs, brisket, chicken, or any other place you'd use a bbq sauce!



The sweet-and-sour sauce:

Toss some roasted chicken pieces in the sauce and serve over broccoli cauliflower mash with a side of roasted asparagus and pineapple chunks for a satisfying meal! It's also delicious tossed with shredded pork.



The NoMato Sauce:

Use anywhere you'd use tomato sauce - over pasta, veggie noodles, spaghetti squash, etc!



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