



BBQ Rub & Sauces

ALL-STAR BARBECUE RUB

- 2 Tbsp. dark turbinado sugar
- 2 Tbsp. smoked paprika
- 2 Tbsp. sweet paprika
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 tsp. Kosher salt
- 1 tsp. coarse ground black pepper
- 1 tsp. ground cayenne or chipotle pepper

Sprinkle this rub generously on all sides of your tofu & seitan and let sit for 15 minutes before grilling.

SWEET & SASSY BBQ SAUCE

- ½ cup catsup
- 2 Tbsp. dark turbinado sugar
- 1 Tbsp. dijon mustard
- 1 tsp. vegan Worcestershire sauce
- ½ tsp. garlic powder
- ¼ tsp. crushed red pepper flakes
- ½ tsp. onion powder
- 1 Tbsp. molasses
- 1 tsp. apple cider vinegar
- 1 tsp. kosher salt

“DESERT NECTAR” AGAVE & KEY LIME SAUCE

- ⅓ cup agave nectar
- ⅓ cup dijon mustard
- ⅓ cup key lime juice
- 1 Tbsp. molasses
- 1 Tbsp. adobo sauce from canned chipotles
- 1 tsp. garlic powder
- 1 tsp. grated ginger

For both sauces, simply bring all ingredients to a simmer in a saucepan and simmer gently for 20 minutes, stirring occasionally, until ingredients are well combined. You can brush these lightly onto your tofu, seitan, veggie burgers or vegetables during grilling and/or serve as a condiment.