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## *BBQ Spaghetti*

Fishermen have their "go to" lure - reliable in a pinch - and cooks have a "go to" dish. This is ours, not only at the restaurant, but also at home.

- 1/2 lb meat, poultry, fish or vegetables, leftover or fresh
- 1 cup BBQ Sauce, to taste (see below for recipe)
- 2 tsp canola oil
- 1/2 medium onion, peeled and chopped (about 1/2 cup)
- 1/2 pound fresh spinach, stemmed and rinsed
- 1/2 pound spaghetti or other pasta, cooked (leftovers are great)

If using leftover meat, poultry, fish or vegetables, heat them through in a skillet or microwave. If they are not yet cooked, cook them to your liking. Heat the BBQ Sauce in a small saucepan set over low heat. Meanwhile, heat the oil in a large covered skillet or pot with a lid and sauté the onion until it starts to brown, 10-12 minutes. Toss in the spinach, cover, and cook for 2 minutes. Add the cooked pasta and 1/4 to 1/2 cup of the BBQ sauce; continue cooking until the pasta is heated through and the spinach has wilted. Plate the pasta and place the cooked meat, poultry, chicken, fish or vegetable right on top. (We prefer not to slice the meat or chicken). Spoon or pour as much warm BBQ sauce over the top as you like. Serve immediately. Yield: 2 servings

### *Simply the Best All Purpose BBQ Sauce*

- 3 cups ketchup
- 1 cup cider vinegar
- 1/4 cup Worcestershire sauce
- 1 T dry mustard
- 1-1/2 tsp freshly ground black pepper

- 1/2 tsp cayenne pepper
- 1/2 tsp chili powder
- 4 cloves garlic, peeled and minced
- 1/4 medium onion, peeled and finely chopped (1/4 cup)
- 3/4 cup water
- 3/4 cup light brown sugar

Mix all ingredients together in heavy-bottomed pot and stir until well combined. Cook over medium heat for 10 minutes, stirring occasionally to avoid burning the bottom of the pot. Turn the heat to low and simmer, uncovered for 1-1/2 hours, stirring every once in awhile. Use immediately or store, covered, in the refrigerator for up to 1 week. Yield: 4 cups.

*Sweetnicks Notes: This recipe, people either love it or they hate it. It's definitely different. We like it - hope you do too!*