

Barbecued Chicken

Ingredients:

1 small Onion, minced
1 16 oz can tomato sauce
2 cups Water
1/4 cup Vinegar
1/4 cup Worcestershire sauce
1 tsp Salt (optional)
2 tsp Paprika
2 tsp Chili powder
1 tsp Pepper
1/2 tsp Cinnamon
1/8 tsp Ground cloves
4 Chicken thighs, skinned
4 Chicken legs, skinned

Instructions:

Combine all ingredients EXCEPT the chicken in a saucepan. Bring to a full boil. Reduce heat and simmer for 20 minutes

Marinate the chicken pieces in 1 cup of the barbecue sauce for at least 2 hours in the refrigerator, turning occasionally. Cook over outdoor grill or in the oven until chicken is no longer pink inside. Time will depend on the distance meat is from the flame.

Nutritional information per serving (2 pieces of chicken):

Calories - 196

Protein - 26 grams

Fat - 8 grams

Carbohydrates - 4 grams

Servings: **4**

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