



Vibrant Life

Barbecue Franks

Barbecue Franks
An Apple A Day
Original Recipe

- ¼ cup onion, chopped
- 1 Tablespoon olive oil
 - ½ cup water
- 2 Tablespoons soy sauce
 - ¼ cup lemon juice
- 5 Tablespoons brown sugar
 - 1½ cups ketchup
 - Dash of salt
 - ¼ teaspoon paprika
 - ¼ teaspoon Liquid Smoke
- 2--20 oz. cans Vibrant Life Super Franks or 2 --19 oz. cans Vibrant Life Vege-Franks, drained and cut on bias in bite-size pieces

1. In large skillet over medium heat, sauté onions in oil until crisp-tender.
2. Add remaining ingredients, except franks.
3. Mix thoroughly. Reduce heat, cover, and simmer for approximately 30 minutes.
4. Stir links into sauce and heat thoroughly.
5. Insert festive toothpick in each piece to serve.

Serves: 8-10

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