

WHIP IT UP WEDNESDAY

SPICY SOUTHERN BARBECUED CHICKEN

The Ingredients

- 5 tablespoons tomato paste
- 1/3 tablespoon ketchup
- 2 teaspoons honey
- 1/3 tablespoon molasses
- 1 teaspoon Worcestershire sauce
- 4 teaspoons white vinegar
- 3/4 teaspoon cayenne pepper
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon onion powder
- 2 garlic cloves (minced)
- 1/8 teaspoon ginger (grated)
- 1 1/2 pounds chicken (skinless breasts, drumsticks)

The Directions

- Preheat oven to 350 degrees.
- Combine all ingredients except chicken in a saucepan.
- Simmer for 15 minutes.
- Place chicken on a large platter and brush with half of the sauce mixture.
- Cover with plastic wrap and marinate in refrigerator for 1 hour.
- Remove plastic wrap from chicken. Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal juices.
- Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at 350 degrees for 30 minutes.



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