

# Honey BBQ Chicken

3 tablespoons fried onions OR one medium onion peeled, chopped and fried in 1-2 tablespoons oil

1 clove crushed garlic (can be frozen)

1 /2 teaspoon dry mustard

2 tablespoons honey

1 teaspoon granulated garlic

1 teaspoon onion powder

2 tablespoons soy sauce

1 teaspoon smoked paprika

3/4 cup (165 grams) brown sugar

3/4 cup (177 grams) ketchup

2 tablespoons vinegar

8 Skinless, boneless chicken thighs

Spray oil

Directions:

Preheat broiler to low broil.

In large bowl, place fried onion, garlic, dry mustard, honey, garlic and onion powder, soy sauce, smoked paprika, brown sugar, ketchup and vinegar. Stir till smooth. Reserve a quarter cup of sauce to brush on chicken. Submerge chicken in sauce and let sit at least 5 minutes but can be left in marinade for several hours (in fridge). Line a broiler pan with tinfoil which you spray with spray oil. Place marinated chicken smooth side down on tinfoil. Broil chicken 7-8 minutes till it starts to brown/char a bit on top. Remove from oven and flip over. Take reserved sauce and slather on top of chicken. Broil other side for an addition 7-8 minutes till chicken is cooked through and a lovely deep color.

A note, if you wish to use the sauce on skin on, bone in chicken, simply marinate chicken (longer than the 5 minutes) and when ready, place on spray oiled, tinfoil lined baking tray and bake at 350 F/180 C covered with foil or a lid for 25 minutes and uncovered 35 minutes or till cooked through and deep brown.