

Stove-Top Barbecued Chicken

1 tsp	vegetable oil
½ cup	chopped onion
½ cup	ketchup
½ cup	water
2 tbsp	vinegar
2 tbsp	brown sugar
1 ½ tsp	Worcestershire sauce
1 tsp	dried parsley
½ to 1 tsp	chili powder
4	chicken legs or breasts, skin removed and fat trimmed off
1 tbsp	cornstarch
1 tbsp	cold water

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- Turn on stove to medium-high heat. Heat oil in large fry pan. Add onion and cook until soft, about 5 minutes.
- Stir in ketchup, water, vinegar, brown sugar, parsley, chili powder and Worcestershire sauce. Heat sauce until it boils.
- Add chicken pieces. Spoon sauce over pieces. Turn heat to low, cover and simmer 30 minutes. Turn chicken over and cook 15 minutes longer. Remove chicken and keep warm.
- Turn up heat to medium. Combine cornstarch and water in a small bowl. Stir into sauce. Cook and stir until mixture boils and thickens. To serve, spoon sauce over chicken.

“The Basic Shelf Cookbook” by Canadian Public Health Association

