

Chile Sauce

Ingredients:

- ½ cup legal tomato juice (we use Campbell's original)
- 1 tsp. *each*; honey, vinegar; liquid hot pepper sauce (we use Tabasco original)
- ¼ tsp. *each*; cloves and cinnamon
- 1 Tbs. real butter

Instructions:

In a small saucepan, combine sauce ingredients, bring to a boil; simmer until reduced by half. Use Chile Sauce to baste meat patties and save a little to top each patty.

Tangy Slaw

Ingredients:

- ¼ c. *each*; thinly sliced celery and shredded apple
- 2 Tbs. homemade SCD yogurt
- 2 tsp. *each*; crumbled blue cheese and finely chopped walnuts

Instructions:

Combine celery, apple, yogurt, blue cheese, and walnuts. Set aside until it's time to top the burgers.