



# Mom's Veggie Ham BBQ

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 4 tbsp sugar
- 1/8 tsp pepper (I use stone ground black, but white works, too)
- 1/4 cup ketchup
- 3 tbsp cider vinegar
- 1 tsp soy sauce
- 1/4 cup diced onion (Spanish or Yellow onions work best)
- 1 tsp cooking oil (preferably a light canola)
- 1 – 1 1/2 lbs veggie hot dogs (I recommend Yves veggie dogs, but any brand will work)

## Instructions

1. Mix together the sugar, pepper, ketchup, vinegar and soy sauce in a bowl. Set aside.
2. In a large pot, saute the onion in a tsp of oil on medium heat. Once the onions become translucent, stir in the ketchup mixture and remove from heat.
3. Place all the veggie dogs on a cookie sheet. Using a large fork, mash up each dog into dice-sized pieces. (You can do this in a bowl or on a plate as well, but I've found a cookie sheet works best.) Combine mashed dogs with onion/ketchup mixture. Cook at medium high on the stove top for 5 minutes. Turn heat to low and simmer until lunchtime.

**Tips:** *If you like a sloppier sandwich, double the amount of the ketchup mixture. If you like it a bit drier, add more veggie dog crumbles. If using Yves veggie dogs, 2 packs will work. For the non-veggie version, substitute Worcestershire sauce for the soy sauce and shredded ham lunch meat for the veggie dogs.*

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