

## PIRATE MARINADE

From tofu to turkey, just about any protein food will taste more interesting after it's had a bath in this big, bold marinade. If you're keeping gluten-free, be sure to seek out tamari-style (wheat-free) soy sauce, available in supermarkets.

- ¼ cup canola oil
- 1 medium onion, chopped
- 2 tablespoons chopped garlic
- ½ cup reduced-sodium soy sauce *or* gluten-free tamari-style soy sauce
- ¼ cup red-wine vinegar
- ½ teaspoon freshly grated orange zest
- ¼ cup orange juice
- 3 tablespoons packed brown sugar
- 2 teaspoons ground allspice
- ¾ teaspoon ground pepper
- ½ teaspoon dried thyme
- ½ teaspoon ground cloves
- ½ teaspoon ground cinnamon
- 5 dashes hot sauce

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring, until translucent, about 2 minutes. Transfer to a medium bowl.
2. Stir in soy sauce, vinegar, orange zest, orange juice, brown sugar, allspice, pepper, thyme, cloves, cinnamon and hot sauce. Let cool to room temperature.
3. Pour cooled marinade into a shallow dish or 1-gallon sealable plastic bag for marinating 1 to 2 pounds (4 to 8 servings) of your chosen protein.

**MAKES:** 2 CUPS (2-TSP. SERVING)

**Calories** 19, **Fat** 1g (sat 0g), **Cholesterol** 0mg, **Carbs** 2g, **Total Sugars** 1g (added 1g), **Protein** 0g, **Fiber** 0g, **Sodium** 89mg, **Potassium** 15mg.

**ACTIVE:** 15 MINUTES

**TOTAL:** 30 MINUTES

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 DAIRY FREE

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 VEGETARIAN

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 VEGAN

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 SUPER SIMPLE

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 FREEZABLE

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**MAKE EXTRA for the freezer! Use on extra-firm tofu, salmon, chicken, turkey, duck, pork, beef or lamb.**

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