



## Ingredients

- Drippings from jerk chicken or chicken stock 1 cup
- Tomato paste 6 oz can
- ¼ cup Worcestershire
- ½ cup or 2 T jerk Marinade or seasoning
- 1 fresh squeezed lime or lemon
- ½ cup apple juice
- 1 teaspoon all-purpose seasoning or salt free seasoning
- 2 tablespoons cornstarch
- Salt to taste

## Directions

1. Add all ingredients except the cornstarch in pot, simmer on low heat
2. Mix cornstarch 2 T with some ¼ cup cool water to make slurry. Add slurry to pot for desired thickness.