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SAUCY SENSATIONS RECIPE GUIDE

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COWBOY BRISKET INSTANT COOKER STEW

READY IN: Over an hour | **SERVES:** 6 or more people | **SKILL LEVEL:** Easy-Medium

INGREDIENTS

- 6 slices bacon, chopped
- 1 onion, chopped
- 3 stalks celery, chopped
- 1 poblano pepper, chopped
- 1 small carrot, chopped
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground oregano
- ½ teaspoon each salt and pepper
- 1 cup Ray's No Sugar Added Original Barbecue Sauce
- 1 cup sodium-reduced beef broth
- 1 cup chopped plum tomatoes
- ½ cup strong brewed coffee
- 2 pounds boneless brisket, cut into 2-inch chunks
- 4 cups large cauliflower florets
- ¾ cup guacamole
- ¼ cup fresh cilantro leaves
- Lime wedges, for serving

DIRECTIONS

Add bacon to inner pot of Instant Cooker. With lid off, Select Saute and then set to High Temperature. Cook, uncovered, for 3 to 5 minutes or until fat begins to render. Stir in onion, celery, poblano, carrot, garlic, chili powder, cumin, oregano, salt and pepper. Cook for 5 to 7 minutes or until bacon is crispy and vegetables are slightly softened.

Stir in Ray's No Sugar Added Original Barbecue Sauce, broth, tomatoes and coffee. Add brisket and cauliflower, stirring to combine well.

Cancel Saute function. Close and lock the lid. Select Pressure Cook/Manual setting on High Pressure for 40 minutes.

When pressure cooking is complete, Quick Release the pressure. Once pressure is released, remove the lid.

Garnish each serving with dollop of guacamole and sprinkle of cilantro. Serve with lime wedges.

Tips:

- Serve with low-carb tortillas.
- Serve with crumbled feta cheese or sour cream if desired.



AIR FRYER BBQ MOJO WINGS

READY IN: Over an hour | **SERVES:** 4 people | **SKILL LEVEL:** Medium

INGREDIENTS

- 2 pounds split chicken wings
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 1 tsp lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- 1 teaspoon each salt and pepper
- ½ tsp garlic powder
- 1 cup Ray's No Sugar Added Hickory Barbecue Sauce, divided

DIRECTIONS

In a large bowl combine lime zest, lime juice, lemon zest, lemon juice, oil, vinegar, cumin, oregano, chili powder, salt, pepper and garlic powder. Add wings and toss to coat. Refrigerate in airtight container for at least 2 hours or up to overnight. Pat wings lightly with paper towel to remove excess moisture.

Preheat air-fryer according to manufacturer's instructions. Place half of the wings in air-fryer basket. Air fry at 400°F for 18 to 20 minutes or until wings are golden brown, crispy and cooked through to reach a minimum internal temperature of 165°F. Brush with Ray's No Sugar Added Hickory Barbecue Sauce.

Continue to air fry for 5 to 7 minutes or until wings are glazed. Repeat with remaining wings. Serve with remaining barbecue sauce.

Tip:

- Serve with lemon and lime wedges if desired.



KETO FRIENDLY BBQ CHICKEN TINGA TACOS

READY IN: 1 hour | **SERVES:** 4 people | **SKILL LEVEL:** Medium

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 jalapeño pepper, seeded and diced
- 1 chipotle pepper in adobo, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup Ray's No Sugar Added Original Barbecue Sauce
- ½ cup canned diced tomatoes
- ¼ cup water
- 1 pound boneless, skinless chicken thighs, cut into 2-inch chunks
- 4 cups shredded Cheddar cheese

TOPPINGS:

- ½ cup thinly sliced red onions
- ¼ cup cider vinegar
- ¼ tsp salt
- ½ ripe avocado, halved, pitted and peeled
- 1 cup shredded cabbage
- 2 tbsp chopped fresh cilantro
- 1 jalapeño pepper, seeded and diced

DIRECTIONS

Preheat oven to 400°F. With lid off, Select Saute and then set to High Temperature. Heat oil. Cook onion, garlic, jalapeño, chipotle, chili powder, cumin, salt and pepper, uncovered, for 3 to 5 minutes or until tender.

Cancel Saute function. Add Ray's No Sugar Added Original Barbecue Sauce, tomatoes, water and chicken thighs. Lock the lid. Select Pressure Cook/Manual setting on High Pressure for 8 minutes.

Line 2 baking sheets with parchment paper. Using ½ cup portions, spread cheese into eight 5-inch rounds. Bake for 6 to 8 minutes or until cheese is melted. Let cool for 2 to 3 minutes or until still warm and pliable. Drape cheese rounds over rolling pin to form tortilla shapes. Let cool until tortillas are set and hold shape.

When pressure cooking is complete, Quick Release the pressure.

With lid off, Select Saute and set to Medium Temperature. Bring to boil. Cook sauce for 10 to 12 minutes or until thickened.

Toppings: Meanwhile, toss red onions with vinegar and salt. Let stand for 15 to 20 minutes or until lightly pickled. Assemble chicken in cheese tortillas topped with avocado, cabbage, pickled onions, cilantro and jalapeño.

Tip:

- Alternatively, serve in 8 large lettuce leaves.



BACON WRAPPED JALAPEÑO POPPERS

READY IN: 25 minutes | **SERVES:** 6 or more people | **SKILL LEVEL:** Easy

INGREDIENTS

- 1 tbsp olive oil
- ½ red onion, sliced
- 1 red pepper, thinly sliced
- 2 cloves garlic, minced
- 1¼ cups Ray's No Sugar Added Hickory Barbecue Sauce, divided
- 1 cup sodium-reduced chicken broth
- 12 ounces boneless, skinless chicken breasts, cubed
- ¼ teaspoon each salt and pepper
- 4 ounces brick-style plain cream cheese, cut into cubes
- 1 cup shredded mozzarella cheese
- 4 cups keto-friendly veggies, for serving (cucumbers, celery, broccoli, red pepper, etc.)

DIRECTIONS

Add oil to inner pot of Instant Cooker. With lid off, Select Saute and then set to High Temperature. Cook onion, red pepper and garlic, uncovered, for 3 to 5 minutes or until tender. Transfer onion mixture to plate; set aside.

Cancel Saute function. Add 1 cup Ray's No Sugar Added Hickory Barbecue Sauce, broth, chicken, salt and pepper to cooker. Lock the lid. Select Pressure Cook/Manual setting, on High Pressure for 10 minutes.

When pressure cooking is complete, Quick Release the pressure. Once pressure is released, remove the lid.

Remove chicken and shred with 2 forks; set aside. With lid off, Select Saute and set to Low Temperature. Gradually stir in cubes of cream cheese and mozzarella until cheese is melted. Stir shredded chicken back into dip.

Spoon dip into serving dish. Top with reserved onion mixture. Drizzle with remaining barbecue sauce. Serve with veggies for dipping.

Tips:

- Substitute medium or mild Cheddar for aged Cheddar if desired.
- Substitute cream cheese for goat cheese if desired.
- Serve with lime wedges if desired.



AIR FRYER BUFF-A-CUE CAJUN WINGS

READY IN: 1 hour | **SERVES:** 4 or more people | **SKILL LEVEL:** Easy

INGREDIENTS

- 2 pounds split chicken wings
- 2 tablespoons Cajun seasoning
- 1 tablespoon baking powder
- ½ cup Sweet baby Ray's Buffalo Wing Sauce
- ½ cup Ray's No Sugar Added Original Barbecue Sauce
- ¼ cup finely crumbled blue cheese
- 3 cups keto-friendly veggie sticks, for serving (cucumbers, celery, broccoli, red pepper, etc.)

DIRECTIONS

Pat wings dry with paper towel. Toss wings in Cajun seasoning and baking powder until coated.

Preheat air-fryer according to manufacturer's instructions. Place half of the wings in air-fryer basket. Spray with cooking spray to coat lightly. Air fry at 400°F for 25 to 30 minutes or until wings are golden brown, crispy and cooked through to reach a minimum internal temperature of 165°F. Repeat with remaining wings.

In large bowl, whisk together Ray's Buffalo Sauce and Ray's No Sugar Added Original Barbecue Sauce. Add cooked wings and toss to coat. Transfer to serving dish; sprinkle with blue cheese. Serve with veggie sticks.

Tip:

- Alternatively, omit blue cheese and drizzle keto-friendly ranch dressing over wings.



MEAT LOVER'S INSTANT COOKER KETO CHILI

READY IN: 50 minutes | **SERVES:** 8 people | **SKILL LEVEL:** Easy

INGREDIENTS

- 4 slices uncured bacon, chopped
- 8 ounces ground pork
- 8 ounces chorizo sausage, casing removed
- 1 onion, diced
- 1 stalk celery, diced
- 1 red pepper, diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- ½ teaspoon each salt and pepper
- 1 cup Ray's No Sugar Added Hickory Barbecue Sauce
- 1 cup canned diced tomatoes
- ½ cup sodium-reduced chicken broth
- 1 pound stewing beef, cut into 1-inch pieces
- 1½ cups shredded Cheddar cheese
- 1 cup sour cream
- 4 green onions, thinly sliced

DIRECTIONS

Add bacon to inner pot of Instant Cooker. With lid off, Select Saute and then set to High Temperature. Cook, uncovered, for 3 to 5 minutes or until fat begins to render. Add pork and chorizo. Cook for 5 to 7 minutes or until meat starts to brown.

Stir in onion, celery, red pepper, garlic, chili powder, salt and pepper. Cook for 3 to 5 minutes or until vegetables are slightly softened. Stir in Ray's No Sugar Added Hickory Barbecue Sauce, tomatoes and broth. Stir in stewing beef.

Cancel Saute function. Close and lock the lid. Select Pressure Cook/Manual setting on High Pressure for 25 minutes.

When pressure cooking is complete, Quick Release the pressure. Once pressure is released, remove the lid. Garnish with cheese, sour cream and green onions.

Tip:

- Use pork stewing meat and ground beef as a variation.



BBQ CHEESEBURGER MEATBALL SLIDERS

READY IN: Over an hour | **SERVES:** 6 people | **SKILL LEVEL:** Easy

INGREDIENTS

- 1 lb ground beef
- ½ lb ground pork
- 1 cup Ray's No Sugar Added Original Barbecue Sauce, divided
- ⅓ cup grated Parmesan cheese
- ¼ cup shredded mozzarella cheese
- 1 egg, beaten
- 1 teaspoon steak seasoning
- 2 cloves garlic, minced
- 12 mini portobello mushrooms, stems and gills removed
- 3 tablespoons canola oil, divided
- 6 oz Cheddar cheese, cut into 12 (2-inch) square slices
- 1 cup shredded iceberg lettuce
- 1 Roma tomato, cut into 12 thin slices
- 12 dill pickle slices
- 1 jalapeño pepper, thinly sliced

DIRECTIONS

Mix together ground beef, pork, 3 tbsp Ray's No Sugar Added Original Barbecue Sauce, Parmesan, mozzarella, egg, steak seasoning and garlic until combined. Divide into 12 portions. Roll into meatballs. Refrigerate for 15 minutes.

Preheat air-fryer according to manufacturer's instructions. Meanwhile, place half of the portobello mushrooms in air-fryer basket. Drizzle with 1½ teaspoons oil. Air fry at 400°F, for 8 to 10 minutes or until crisp on the outside and tender on the inside. Repeat with remaining mushrooms; set aside.

Place half of the meatballs in air-fryer basket. Drizzle with 1 tbsp oil. Air fry at 400°F, turning basket halfway during the cook time, for 12 to 15 minutes or until golden brown and cooked through. Top with cheese slice while meatballs are still hot. Repeat with remaining meatballs.

Top half of the portobello mushroom caps with some of the remaining barbecue sauce, lettuce, tomato and pickle. Top with meatball cheeseburger. Drizzle with more barbecue sauce and top with jalapeño. Finish and serve with 6" bamboo skewers.

Tip:

- Substitute a sprinkle of finely diced white onion for jalapeño, if desired.



AIR FRYER BARBECUE SALMON

READY IN: 25 minutes | **SERVES:** 4 people | **SKILL LEVEL:** Easy

INGREDIENTS

- 4 skinless salmon fillets (about 5 ounces each)
- 1 tablespoon finely chopped fresh dill
- 4 tsp canola oil
- 1 tbsp lemon zest
- ¼ tsp each salt, pepper, garlic powder, mustard powder and paprika
- ¾ cup Ray's No Sugar Added Original Barbecue Sauce, divided

DIRECTIONS

In a large bowl combine dill, oil, lemon zest, salt, pepper, garlic powder, mustard powder and paprika. Add salmon and toss to coat.

Preheat air-fryer according to manufacturer's instructions. Place 2 fillets in air-fryer basket. Air Fry at 400°F for 5 minutes. Brush 1 tablespoon Ray's No Sugar Added Original Barbecue Sauce all over each fillet.

Continue to air fry for 3 to 5 minutes or until glazed and fish just starts to flake. Repeat with remaining 2 fillets. Serve with remaining barbecue sauce.

Tip:

- Serve with your favorite coleslaw or cauliflower rice.



BARBECUE CHICKEN PIZZA DIP

READY IN: 25 minutes | **SERVES:** 6 people | **SKILL LEVEL:** Easy

INGREDIENTS

- 1 tbsp olive oil
- ½ red onion, sliced
- 1 red pepper, thinly sliced
- 2 cloves garlic, minced
- 1¼ cups Ray's No Sugar Added Hickory Barbecue Sauce, divided
- 1 cup sodium-reduced chicken broth
- 12 ounces boneless, skinless chicken breasts, cubed
- ¼ teaspoon each salt and pepper
- 4 ounces brick-style plain cream cheese, cut into cubes
- 1 cup shredded mozzarella cheese
- 4 cups keto-friendly veggies, for serving (cucumbers, celery, broccoli, red pepper, etc.

DIRECTIONS

Add oil to inner pot of Instant Cooker. With lid off, Select Saute and then set to High Temperature. Cook onion, red pepper and garlic, uncovered, for 3 to 5 minutes or until tender. Transfer onion mixture to plate; set aside.

Cancel Saute function. Add 1 cup Ray's No Sugar Added Hickory Barbecue Sauce, broth, chicken, salt and pepper to cooker. Lock the lid. Select Pressure Cook/Manual setting on High Pressure for 10 minutes.

When pressure cooking is complete, Quick Release the pressure. Once pressure is released, remove the lid.

Remove chicken and shred with 2 forks; set aside. With lid off, Select Saute and set to Low Temperature. Gradually stir in cubes of cream cheese and mozzarella until cheese is melted. Stir shredded chicken back into dip.

Spoon dip into serving dish. Top with reserved onion mixture. Drizzle with remaining barbecue sauce. Serve with veggies for dipping.

Tips:

- Garnish with thinly sliced green onion.
- Serve with low carb crackers, if desired.

*The Sauce
is the Boss!*®