

Smoky Vegan Onion Jam

Ingredients

- 2 lbs. onions
- ¼ cup olive oil or vegetable oil
- 1/3 cup brown sugar
- 2 tbsp. soy sauce
- 1 tbsp. apple cider vinegar
- 1 tbsp. nutritional yeast
- 1 tbsp. rum or whisky
- ½ tsp. liquid smoke
- ½ tsp. dried thyme
- ½ tsp. garlic powder
- ½ tsp. Dijon mustard
- Salt and pepper, to taste

Steps

1. Peel and slice all the onions into half-moons shapes, and place in a medium-sized saucepan with the oil. Cook for 20 minutes on a medium heat, stirring occasionally, so the onions sweat down.
2. Add the remaining ingredients and 1/3 cup of water and continue to cook, stirring occasionally. As the liquid reduces, you might want to lower the heat to medium-low to prevent burning and you will want to stir more often as the liquid levels go down. Cook for another 30-45 minutes, until the jam is thick and silky. Transfer the cooked jam to a glass container, let cool, and then place in the fridge.

