

Food Trend: What's the Big Deal With Hot Sauce?



By [Bonnie Griffin](#)

In recent [food trends](#), people are adding something a little extra spice to their meals. According to *The Wall Street Journal*, "Spicy sauces are on fire." One of the number one recognized hot sauces, Tabasco sauce, has been around for 150 years. You can add a pop of flavor to any meal with these [food tips](#).

This food trend will spice up your

favorite meals!

Hot sauce sales have spiked over the past five years as more people learn to love the way the added spice makes their food taste. There are a number of meals that can be enhanced with some added spice from salad to chicken, and almost anything in between. Cupid has some food tips for some meals that can benefit from a little bit of hot sauce:

1. Salad dressing: Is your salad beginning to grow stale with the same old salad dressings time and again? Want to add some extra flavor to that same old salad. Put a dash of hot sauce in your favorite dressing, and it will add that extra kick of seasoning you've been looking for.

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2. Chicken: You don't have to eat boring chicken breasts any longer. You can upgrade the flavor of your favorite white meat with a spicy marinade. Marinade your chicken in hot sauce, lime juice, garlic, and olive for a healthy way to add some kick to your chicken your tastebuds will love.

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3. Soup: You can add a splash to your favorite canned soup, or whip up something tasty like buffalo chicken soup. Take your basic canned chicken noodle soup and add some hot sauce to make a flavorful soup with a bit of spice.

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4. Kickin' eggs: If you think your eggs cannot get any better than choosing between scrambled or over easy, you're missing a tasty fix. Add a drop or two of hot sauce to your favorite egg dish and let yourself be wowed by the hot new flavor.

5. Spice up your hamburgers: Like ketchup on your burgers? Try adding a few drops of hot sauce to the ketchup bottle. The mix of tangy tomato and spicy hot sauce will give your hamburger a whole new flavor that will have you going back for seconds.

What foods do you enjoy adding hot sauce in? Share some of your favorites below.