
Strawberry Sundae Sauce

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3 cups strawberries, finely chopped

1/2 cup sugar

juice of 1/2 lemon

2 tablespoons water

1 teaspoon vanilla

In a saucepan, combine three cups of finely chopped strawberries, the sugar, lemon juice and water. Cook over medium heat, stirring, until the berries break down, about 10 minutes.

Remove from the heat. Stir in the vanilla.

Strain through a fine-mesh sieve into a bowl. Allow to cool completely.

Spoon over strawberry ice cream.

Condiments, Sauces

Per Serving (excluding unknown items): 532 Calories; 1g Fat (2.4% calories from fat); 3g Protein; 132g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 2 Fruit; 6 1/2 Other Carbohydrates.