

Ancho Barbecue Sauce

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Yield: 1 1/2 cups

2 tablespoons vegetable oil
1/4 cup grated onion
1/4 cup ancho chile powder
1 tablespoon minced garlic
2 cups tomato puree'
1/3 cup dark brown sugar
1/3 cup cider vinegar
1 tablespoon
Worcestershire sauce
1 tablespoon Dijon mustard
1 tablespoon smoked sea salt
pepper

In a saucepan over medium-low heat, heat the vegetable oil. Add the onion, chile powder and garlic. Cook, stirring, until browned, 5 minutes.

Add the tomato puree', brown sugar, cider vinegar, Worcestershire sauce, Dijon mustard, sea salt and pepper.

Simmer, stirring occasionally, until slightly thickened, about 15 minutes. Let cool.

Refrigerate for up to one month.

Per Serving (excluding unknown items): 576 Calories; 28g Fat (42.0% calories from fat); 2g Protein; 85g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 367mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 5 1/2 Fat; 5 1/2 Other Carbohydrates.