

Bar-Be-Q Sauce Nebraska

Vivian Chipps - Loup City, NE

Treasure Classics - National LP Gas Association - 1985

Servings: 2

Yield: 3 cups

2 cups catsup

3 tablespoons steak sauce

1/3 cup (or more) brown

sugar

2 tablespoons chili powder

1/4 teaspoon liquid smoke

flavoring

1/2 cup water

Preparation Time: 5 minutes

Cook Time: 5 minutes

In a medium saucepan, combine all of the ingredients. Simmer for 5 minutes. Remove from the heat.

Place the mixture in a heat resistant seal proof jar. When cool, store in the refrigerator.

Per Serving (excluding unknown items): 377 Calories; 2g Fat (4.5% calories from fat); 5g Protein; 96g Carbohydrate; 6g Dietary Fiber; trace Cholesterol; 3262mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fat; 6 Other Carbohydrates.