

Barbecue Sauce

Teri Terry

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*1 onion, chopped
2 tablespoons oil
2 tablespoons vinegar
2 tablespoons dark brown
sugar
1/4 cup lemon juice
1 cup tomato ketchup
3 tablespoons
Worcestershire sauce
1/2 teaspoon prepared
mustard*

In a saucepan, brown the onion in oil.

Add the vinegar, sugar, lemon juice, ketchup, Worcestershire sauce and mustard.

Simmer for 20 minutes.

Per Serving (excluding unknown items): 443 Calories; 28g Fat (53.4% calories from fat); 3g Protein; 52g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 487mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 5 1/2 Fat; 2 1/2 Other Carbohydrates.