

Barbecue Sauce IV

Rebecca Magdalenski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/2 cup catsup
2 tablespoons brown sugar
2 tablespoons
Worcestershire sauce
1 tablespoon vinegar
dash red pepper sauce
1 clove garlic, chopped
1/4 teaspoon dry mustard
1/4 teaspoon salt*

In a saucepan, combine all of the ingredients.

Cook, stirring, over low heat for 15 minutes.

Per Serving (excluding unknown items): 225 Calories; 1g Fat (1.9% calories from fat); 3g Protein; 58g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2258mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 3 1/2 Other Carbohydrates.