

Blue Ribbon Barbecue Sauce

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Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 1 hour

1 medium onion, minced
1/2 cup Lea & Perrins Original Worcestershire sauce
1/4 cup apple cider vinegar
1/2 cup pineapple juice
1/4 cup brown sugar
1/4 cup molasses
1 teaspoon dried red pepper flakes (optional)
2 large cloves garlic, minced
2 cans (28 oz) crushed tomatoes

In a large saucepan sprayed with nonstick spray, saute' the onion over medium-high heat for 8 to 10 minutes, or until soft.

Add the Worcestershire, vinegar, pineapple juice, brown sugar, molasses, red pepper flakes, garlic and tomatoes.

Reduce the heat and simmer, covered, for 1 hour, stirring occasionally.

Per Serving (excluding unknown items): 87 Calories; trace Fat (1.2% calories from fat); 1g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1 Other Carbohydrates.