

Sauces

Cajun BBQ Sauce

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1 cup barbecue sauce

1/4 cup bourbon

2 teaspoons Cajun seasoning

In a saucepan, combine the barbecue sauce, bourbon and Cajun seasoning. Mix well.

Simmer until slightly thick, stirring occasionally, for 20 minutes.

Per Serving (excluding unknown items): 344 Calories; 5g Fat (21.0% calories from fat); 5g Protein; 36g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2468mg Sodium. Exchanges: 2 1/2 Other Carbohydrates.