

Chili/Beer BBQ Sauce

2 tablespoons canola oil
2 cups sweet onions, chopped
2 tablespoons minced garlic
1 bottle (12 oz) chili sauce
1 bottle (12 oz) light beer or ale
2 tablespoons molasses
1/4 cup cider vinegar
2 teaspoons worcestershire sauce
1/2 teaspoon hot sauce (make be increased to taste)

In a large saucepan over medium-high, heat the oil. Add the onions and saute until softened and lightly colored, about 10 minutes. Add the garlic and saute' for 3 minutes more.

Add the chili sauce, beer, molasses, vinegar and Worcestershire sauce. Bring to a boil, then reduce the heat to maintain a gentle simmer. Cook the sauce until reduced to about 2 cups, 15 to 20 minutes. Stir in the hot sauce.

Per Serving (excluding unknown items): 516 Calories; 28g Fat (46.4% calories from fat); 5g Protein; 67g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 130mg Sodium. Exchanges: 6 Vegetable; 5 1/2 Fat; 2 Other Carbohydrates.