

Oriental BBQ Sauce

Sumi Ford

Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1 cup soy sauce
1/2 cup vinegar
1 teaspoon sugar
1/2 can beer
2 cloves garlic, mashed
1/2 onion, sliced thinly
1 can (6 ounce) pineapple
juice
dash salt
dash pepper*

In a bowl, mix all of the ingredients.

Cover.

Refrigerate until use.

Per Serving (excluding unknown items): 428 Calories; 1g Fat (1.2% calories from fat); 17g Protein; 84g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 16475mg Sodium. Exchanges: 7 Vegetable; 2 1/2 Fruit; 1 Other Carbohydrates.