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# Peach Barbecue Sauce

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**1 medium (1/2 cup) sweet onion, finely chopped**  
**1 tablespoon canola oil**  
**1 clove garlic, minced**  
**1 one-inch piece ginger, peeled and grated**  
**1 1/2 cups ketchup**  
**1/2 cup peach preserves or jam**  
**2 large (one pound total) peaches, peeled and cut into 3/4-inch chunks**  
**2 tablespoons apple cider vinegar**

In a medium saucepan over medium heat, saute' the onion in hot oil for 2 minutes or until tender. Add the garlic and ginger. Cook, stirring constantly, for 45 to 60 seconds or until fragrant.

Add the ketchup, peach preserves and peaches.

Reduce the heat to low. Simmer, stirring occasionally, for 30 minutes or until the sauce thickens. Add the vinegar.

Remove from the heat.

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*Per Serving (excluding unknown items): 648 Calories; 15g Fat (19.4% calories from fat); 9g Protein; 136g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 4275mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 1 1/2 Fruit; 3 Fat; 6 1/2 Other Carbohydrates.*