
Vidalia Onion Barbecue Sauce

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Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

1 medium (1/2 cup) Vidalia onion, finely chopped

1 cup ketchup

2 tablespoons firmly packed brown sugar

2 tablespoons (one lemon) lemon juice

2 tablespoons apple cider vinegar

2 tablespoons Worcestershire sauce

1 tablespoon olive oil

1 clove garlic, minced

1/2 teaspoon table salt

1/2 teaspoon freshly ground black pepper

In a large saucepan, stir together all of the ingredients. Add 1/2 cup of water. Bring to a boil over medium heat.

Reduce the heat to low. Simmer, stirring occasionally, for 20 minutes.

Refrigerate in an airtight container for up to a week.

Yield: 2 1/2 cups

Condiments, Sauces

Per Serving (excluding unknown items): 670 Calories; 15g Fat (17.0% calories from fat); 7g Protein; 152g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 4323mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 3 Fruit; 2 1/2 Fat; 6 1/2 Other Carbohydrates.