

Home-made Barbecue Sauce

The home-made barbecue sauce recipe comes from my friend Kay, who tells me it's origin is from the LA Times and is super easy to make. The recipe makes quite a bit for ribs, pork sliders, chicken or any other excuse you come up to slather this sauce on something. It freezes well if you don't use it all at once.

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| 1 cup catsup | ½ tbs molasses |
| ½ cup apple cider vinegar | ½ tbs canned chipotle pepper, pureed |
| 2 Tbs packed light brown sugar | 4 Tbs chili powder |
| 4 Tbs Worcestershire sauce | |

Make Barbecue sauce. In large saucepan, combine catsup, cider vinegar, brown sugar, worcestershire sauce, molasses chipotle and chili powder with ½ cup water. Bring to a boil, then reduce heat to a simmer, cover and cook 30 minutes, stirring occasionally to prevent scorching.

Servings: 20

Cooking Time: 30 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 27 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 183mg sodium, 115.3mg potassium, 6.3g carbohydrates, <1g fiber, 4.8g sugar, <1g protein.

Source

Author: Patricia Rose; Los Angeles Times

Source: June 2011

