

Barbecue Sauce

This great-tasting sauce has a bite from the vinegar and a hint of smoke. Very quick and easy to make. Why not attach a barbecue basting brush and the recipe.

Chili sauce	1 1/2 cups	375 mL
White vinegar	1 cup	250 mL
Brown sugar, packed	1 cup	250 mL
Mustard seed	2 tsp.	10 mL
Celery salt	1/2 tsp.	2 mL
Worcestershire sauce	1 tbsp.	15 mL
Liquid smoke	1/2 tsp.	2 mL
Minced onion flakes	1/4 cup	60 mL
Fancy (mild) molasses	1/2 cup	125 mL
Water	1/2 cup	125 mL
Cornstarch	3 tbsp.	50 mL

Put first 9 ingredients into medium saucepan. Bring to a boil, stirring often.

Stir water into cornstarch in small cup until smooth. Gradually stir into chili sauce mixture. Heat and stir until boiling and thickened. Cool. Pour into jars with tight-fitting lids. Keep in refrigerator. Sauce can also be frozen. Makes 4 cups (1 L).

2 tbsp. (30 mL): 60 Calories; 0.1 g Total Fat; 202 mg Sodium; trace Protein; 15 g Carbohydrate; 1 g Dietary Fiber

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