Garden Fresh Barbeque Sauce

By making your own sauce, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



Ingredients:

2 cups	Fresh tomatoes, diced	500 mL
¹ / ₃ cup	Pineapple juice	75 mL
$\frac{1}{2}$ cup	Granulated sugar	125 mL
1	Bay leaf	1
1 tsp	Ground black pepper	5 mL
1 Tbsp	Celery, finely chopped	15 mL
1	Garlic clove, minced	1
¹ / ₂ cup	Onion, diced	125 mL
2 Tbsp	Cornstarch	30 mL
2 Tbsp	Water	30 mL

Directions:

- 1. Combine the first 8 ingredients in a saucepan. Bring to a boil, and then simmer.
- 2. Mix cornstarch with cold water. Add slowly to sauce to thicken while stirring.
- 3. Simmer until sauce reaches the desired thickness.

Makes 25 servings (2 Tbsp/ 30 mL/ 27 g)

Nutrition Facts Per 1/25 of recipe	
(2 Tbsp/ 30 mL/ 27 g)	
Amount	% Daily Value
Calories 25	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	• /3
Cholesterol 0 mg	
Sodium 1 mg	0 %
Carbohydrate 6 g	2 %
Fibre 0 g	0 %
Sugars 5 g	
Protein 5g	
Vitamin A	2 %
Vitamin C	4 %
Calcium	0 %
Iron	0 %



Nutrition Services

Copyright ©2015 Alberta Health Services. This handout may be reproduced without permission for non-profit education purposes. This handout may not be changed without written permission from <u>NutritionResources@albertahealthservices.ca</u>