

## Zesty Barbecue Sauce

Yield: about 14 servings, ½ cup each

### Ingredients:

1 cup each chopped onions, celery and carrots	1 tablespoon dry mustard
8 cloves garlic, minced	1 29-ounce can tomato sauce
2 tablespoons olive oil	½ cup cider vinegar
¼ cup all-purpose flour	⅓ cup light brown sugar
2 cups beef, chicken or vegetable stock	⅓ cup mild-flavored molasses
⅓ cup whiskey (optional)	1 teaspoon cayenne
	1 tablespoon paprika
	2 bay leaves

### Procedure:

Saute onions, celery, carrots and garlic for a few minutes in olive oil. Mix in flour and continue cooking, stirring frequently, for 5 minutes. Add broth and whiskey and cook until mixture thickens, stirring constantly. Add

a serving  
(about ½ cup)  
contains 100  
calories and 2.4  
grams of fat

remaining ingredients and simmer for 1 to 1½ hours. Remove bay leaves and discard; puree remaining ingredients in blender or run sauce through a food mill. Serve warm as an accompaniment to grilled food.

**A serving also provides about 75 percent of the daily recommendation for vitamin A (as beta carotene) from the carrots and 20 percent of the recommendation for vitamin C from the tomato sauce.**

NDSU Agriculture Communication



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