

Brazilian Sauce

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Servings: 2

Preparation Time: 10 minutes

Start to Finish Time: 15 minutes

1 tablespoon butter

1 cup green pepper, chopped

1/2 cup celery, chopped

1 tablespoon onion, minced

1 teaspoon salt

2 tablespoons chicken broth or water

1 cup tomato, chopped

2 tablespoons Lea & Perrin Original Worcestershire sauce

In a large skillet over medium heat, combine the butter, pepper, celery, onion, salt and chicken broth.

Cook for 5 minutes.

Stir in the tomato. Cook, stirring frequently, for an additional 10 minutes or until the vegetables are tender.

Stir in the Worcestershire sauce just before serving.

Per Serving (excluding unknown items): 97 Calories; 6g Fat (53.3% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 1160mg Sodium. Exchanges: 2 Vegetable; 1 Fat.