

Sauces

Creole Sauce

Winn-Dixie

1 clove garlic, finely chopped
1 tablespoon vegetable oil
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1/4 cup celery, chopped
1 tablespoon sugar
1/4 teaspoon red pepper flakes
1 can (6 oz) tomato paste
1/2 cup water

Cook garlic in oil over medium heat until browned, stirring constantly.

Add onions, green pepper, celery, sugar and red pepper flakes. Cook until vegetables are tender, stirring frequently.

Stir in tomato paste and water. Cover, reduce heat and simmer 15 minutes, stirring occasionally.

Per Serving (excluding unknown items): 336 Calories; 15g Fat (36.1% calories from fat); 7g Protein; 52g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1069mg Sodium. Exchanges: 7 1/2 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.