

Creole Tomato sauce

Southern Living Best Barbecue Recipes - June 2011

Preparation Time: 12 minutes

Cook time: 13 minutes

Serve with grilled seafood, chicken or pork.

3/4 cup onion, finely chopped

3/4 cup red bell pepper, finely chopped

1 tablespoon garlic, minced

1 teaspoon dried thyme

1/2 teaspoon dried oregano

1/8 teaspoon ground red pepper

1 tablespoon olive oil

1/3 cup dry white wine

1 can (14 1/2 oz) diced tomatoes, undrained

1/4 teaspoon Kosher salt

1/4 teaspoon freshly ground black pepper

In a large skillet over medium-high heat with olive oil, saute' the onion, red bell pepper, garlic, thyme, oregano and ground red pepper for about 5 minutes or until the vegetables are tender.

Add the wine. Cook until most of the liquid evaporates.

Stir in the tomatoes, salt and black pepper. Cook 5 to 7 minutes or until the mixture thickens, stirring occasionally. Cool slightly.

Process the tomato mixture in a blender or food processor until smooth.

Return the sauce to the skillet and keep warm.

Yield: 1 3/4 cups

Per Serving (excluding unknown items): 301 Calories; 15g Fat (48.1% calories from fat); 5g Protein; 31g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 498mg Sodium. Exchanges: 0 Grain(Starch); 5 Vegetable; 2 1/2 Fat.