

Sauces

Cola Barbecue Sauce

Southern Living Best Barbecue Recipes - June 2011

Preparation Time: 10 minutes

Cook time: 11 minutes

1 tablespoon butter
1/2 small onion, minced
1 tablespoon fresh ginger, minced
1 clove garlic, minced
3/4 cup cola soft drink
3/4 cup ketchup
1/2 teaspoon lemon zest
2 tablespoons fresh lemon juice
2 tablespoons Worcestershire sauce
2 tablespoons steak sauce
1/2 teaspoon pepper
1/2 teaspoon hickory liquid smoke
salt (to taste)

In a heavy saucepan, melt the butter over medium heat.

Add the onion, ginger and garlic. Saute' for 3 minutes or until tender.

Stir in the cola soft drink. Bring the mixture to a boil.

Stir in the ketchup, lemon zest, lemon juice, Worcestershire sauce, steak sauce, pepper, liquid smoke and salt.

Bring the mixture to a boil. Reduce the heat and simmer for 5 minutes.

Serve with poultry.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 372 Calories; 12g Fat (27.3% calories from fat); 5g Protein; 69g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 2985mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 2 1/2 Fat; 4 Other Carbohydrates.