

CRANBERRY BARBEQUE SAUCE

SERVES: 10 | SERVING SIZE: 2 tablespoons | PREP: 10 minutes | READY: 25 minutes

INGREDIENTS

- 1 tablespoon neutral oil, such as canola or avocado oil
- 1/4 cup finely diced onion
- 1 clove garlic, minced
- 1 cup cranberry sauce
- 1/3 cup catsup
- 1 tablespoon brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce, such as Frank's RedHot Original Cayenne Pepper Sauce
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper



DIRECTIONS

Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until onion softens and becomes translucent; about 4 minutes.

Add cranberry sauce, catsup, brown sugar, vinegar, mustard, Worcestershire sauce, hot sauce, salt, and pepper and stir to combine. Turn heat to low and allow sauce to gently simmer for 15 minutes. Remove saucepan from heat and allow sauce to cool to room temperature.

To create a smooth barbecue sauce, use an immersion blender, regular blender, or food processor to blend sauce to desired consistency. Place in an airtight container and refrigerate until ready to use.

Cook's note: Any type of cranberry sauce will work in this recipe – canned whole berry or jellied cranberry sauce, or homemade cranberry sauce.

NUTRITION INFORMATION PER SERVING

73 calories, 1 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 144 mg sodium, 14 g total carbohydrate, 0 g dietary fiber, 12 g total sugars, 3 g added sugars, 0 g protein, 0 mcg (0%) vitamin D, 4 mg (0%) calcium, 0 mg (0%) iron, 35 mg (0%) potassium

