

Barbecue Sauce

Niki Jo Freeman

Servings: 1

2 cups catsup

1 12 oz. can beer

1 ounce Worcestershire sauce

1 ounce liquid smoke

1/2 cup brown sugar

1 tablespoon salt

1 onion, minced

Cuisine: Barbeque

Mix all the ingredients together and refrigerate.
You may substitute 1/2 cup wine and 1 cup water for the beer.

Per Serving (excluding unknown items): 976 Calories; 2g Fat (1.6% calories from fat); 10g Protein; 229g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 12414mg Sodium. Exchanges: 1 1/2 Vegetable; 13 1/2 Other Carbohydrates.