

## Barbecue Sauce



Makes: 2 cups of sauce

### Ingredients:

- 1 cup ketchup
- ¼ cup olive oil
- 1/3 cup water
- 1 tbsp paprika
- 1 tsp packed brown sugar
- ¼ tsp pepper
- 1 medium onion, finely chopped
- 2 tbsp lemon juice
- 1 tbsp Worcestershire sauce

**Procedure:**

- Heat all ingredients except lemon juice and Worcestershire sauce to boiling in a small saucepan over medium heat.
- Stir in lemon juice and Worcestershire sauce.
- Heat until hot.

**Per tbsp:**

- Calories: 20
- Protein: 0 gm
- Carbohydrates: 3 gm
- Fat: 1 gm

Serve with ribs, burgers, sliced cooked meat or chicken.