

# Garden Fresh Barbeque Sauce

By making your own sauce, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



## Ingredients:

2 cups	Fresh tomatoes, diced	500 mL
1/3 cup	Pineapple juice	75 mL
1/2 cup	Granulated sugar	125 mL
1	Bay leaf	1
1 tsp	Ground black pepper	5 mL
1 Tbsp	Celery, finely chopped	15 mL
1	Garlic clove, minced	1
1/2 cup	Onion, diced	125 mL
2 Tbsp	Cornstarch	30 mL
2 Tbsp	Water	30 mL

## Directions:

1. Combine the first 8 ingredients in a saucepan. Bring to a boil, and then simmer.
2. Mix cornstarch with cold water. Add slowly to sauce to thicken while stirring.
3. Simmer until sauce reaches the desired thickness.

Makes 25 servings (2 Tbsp/ 30 mL/ 27 g)

Nutrition Facts	
Per 1/25 of recipe (2 Tbsp/ 30 mL/ 27 g)	
Amount	% Daily Value
<b>Calories</b> 25	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 1 mg	<b>0 %</b>
<b>Carbohydrate</b> 6 g	<b>2 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 5 g	
<b>Protein</b> 5 g	
Vitamin A	2 %
Vitamin C	4 %
Calcium	0 %
Iron	0 %

Nutrition Services

