



Coffee-BBQ Sauce

Prep: 10 minutes • Cook: 15 minutes

- ¼ cup finely chopped onion
- 1 tablespoon Essential Everyday® canola oil
- ¾ cup Essential Everyday® ketchup
- ½ cup brewed coffee
- ¼ cup packed brown sugar
- 3 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons molasses
- 1 tablespoon chili powder
- 1 teaspoon salt
- ½ teaspoon white pepper

In small saucepot, cook onion in oil over medium heat 5 to 7 minutes or until soft, stirring occasionally. Add remaining ingredients; reduce heat to medium-low. Cook 10 to 12 minutes longer or until flavors have blended and sauce is hot. Makes about 2 cups.

*Approximate nutritional values per serving (¼ cup):
84 Calories, 2g Fat (0g Saturated), 0mg Cholesterol,
652mg Sodium, 17g Carbohydrates, 1g Fiber, 1g Protein*