

# Romesco BBQ Sauce

*Chef Andy of Ru's Pierogi*

RECIPE MAKES: 17 SERVINGS

## INGREDIENTS

- 10 oz. roasted red peppers
- 20 oz. tomato sauce
- ¼ cup diced onions
- 3 cloves garlic, minced
- 1 oz. extra virgin olive oil
- 1 tsp. salt
- 1/8 cup molasses
- 1 tsp. pepper
- ¼ cup brown sugar
- 1/8 cup Worcestershire sauce
- ¼ cup white vinegar

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>2.5 oz</b>
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Amount per serving	
<b>Calories</b>	<b>50</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 4g Added Sugars	8%
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 25mg	2%
<b>Iron</b> 1mg	6%
<b>Potassium</b> 166mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## PREPARATION

1. Strain peppers from jar
2. Mince garlic and onion
3. Open all jars and cans
4. Set up blender
5. Get stock pot (medium) on stove ready to use
6. In same stock pot, add tomato sauce
7. Puree peppers in blender, add to sauce
8. Add remaining ingredients and bring to a bubble
9. Turn down and simmer, stirring often

Healthy Options

