

# Smokey Peach Dipping Sauce

*Chef Stephen Forman*

RECIPE MAKES: 12 SERVINGS

## INGREDIENTS

- 1 Tbsp. olive oil
- ¼ each small white onion, chopped
- 2 cloves garlic, chopped
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. brown sugar
- 2 Tbsp. Worcestershire sauce
- 3 each, diced peaches
- ½ cup tomato puree
- ½ tsp. Tabasco sauce
- 2 tsp. smoky paprika
- 2 each bay leaf

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	(57g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 152mg	4%

\*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.

## PREPARATION

1. Sauté onion and garlic in olive oil over medium heat.
2. Add peaches and cook
3. Add the brown sugar and let sugar begin to crystallize
4. Add the rest of the ingredients and cook for 20 minutes
5. As the liquid begins to reduce and look thicker, add salt and pepper to taste
6. Puree sauce with a stick blender to creamy consistency
7. Cook for 15 more minutes
8. Remove from the stove and serve in bowl with Brochettes

Healthy Options

