

# Barbecue Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		½ cup 2 Tbsp		2 ¼ cups	1. Simmer chicken stock and onions over medium heat for 5 minutes.  CCP: Heat to 165° F or higher for at least 15 seconds.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp 1 tsp	6 oz OR 1 oz	1 cup OR ½ cup 1 Tbsp	
Catsup	1 lb 13 oz	2 ¾ cups 2 Tbsp (¼ No. 10 can)	7 lb 3 oz	2 qt 3 ¼ cups (1 No. 10 can)	2. Add all other ingredients. Simmer for 15-20 minutes, stirring frequently. Use immediately.
Granulated garlic		¼ tsp		2 tsp	
Brown sugar, packed	6 oz	¾ cup	1 lb 8 oz	3 ¼ cups	

Comments:  
\*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	1 Quart	1 Gallon
Mature onions	2 oz	8 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	<b>1 Quart:</b> 32 2 Tbsp servings	<b>1 Quart:</b> about 1 quart
	<b>1 Gallon:</b> 128 2 Tbsp servings	<b>1 Gallon:</b> about 1 gallon

Edited 2004

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Nutrients Per Serving					
<b>Calories</b>	48	<b>Saturated Fat</b>	0.02 g	<b>Iron</b>	0.30 mg
<b>Protein</b>	0.45 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	10 mg
<b>Carbohydrate</b>	12.48 g	<b>Vitamin A</b>	261 IU	<b>Sodium</b>	309 mg
<b>Total Fat</b>	0.10 g	<b>Vitamin C</b>	4.0 mg	<b>Dietary Fiber</b>	0.4 g