



## SMOKY CHERRY BBQ SAUCE

### Prep Time:

5 minutes

### Cook Time:

25 minutes

### Yield:

2 cups

### Ingredients:

- 2 tbsp. butter
- 1 cup finely chopped onions

- 4 cloves garlic, minced
- 2 cups frozen pitted cherries
- 1/2 cup Pyure Sugar Free Honey Alternative
- 1/2 cup tomato paste
- 1/4 cup cider vinegar
- 1 tbsp. smoked paprika
- 2 tsp mustard powder
- 1/2 tsp each salt and pepper

## **Instructions:**

1. Heat butter in saucepan set over medium heat; cook onions and garlic for about 5 minutes or until tender.
2. Add remaining ingredients and bring to boil. Reduce to simmer; cook, uncovered, for about 20 minutes or until thickened and cherries are tender.
3. Let cool; purée until smooth. Serve warm or let cool completely and refrigerate.

## **Tip:**

*For a spicy kick, replace smoked paprika with chipotle chili powder.*

## **Nutrition Facts**

Per 2 Tbsp. (30 mL)  
Calories 50  
Fat 1.5g  
Saturated Fat 1g  
Cholesterol 5mg  
Sodium 140mg  
Carbohydrate 13g  
Fiber 6g  
Sugars 4g  
Protein 1g