

CAROLINA STYLE BBQ SAUCE

YIELD: 96 SERVINGS, 1 TBSP PORTIONS (APPROXIMATELY 6 CUPS)

Chef Vanessa LaBranche

The sweetness of the peaches really balances the tangy flavor of this Carolina style BBQ sauce. The flavor gets a little heat and smoke from the chipotle chili powder, but works equally well if you want to substitute smoked paprika instead. Be sure to let the sauce simmer for the full 30 minutes to really bring out the depth of flavors. You can use this sauce to make pulled pork, roast chicken, on a crispy fish sandwich or as a dip for fresh vegetables - the possibilities are endless!

INGREDIENTS

- 4 cups sliced canned peaches in lite syrup
- 1.5 cups yellow mustard
- 1 cup apple cider vinegar
- 2 teaspoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons chipotle chili powder or smoked paprika
- 1 teaspoon kosher salt
- 1/2 cup brown sugar, packed

DIRECTIONS

1. Using a food processor or immersion blender, blend the canned peaches until smooth and transfer to a heavy bottomed sauce pan set over medium-high heat.
2. Add the rest of the ingredients and stir well. Bring sauce to a simmer and reduce heat to low.
3. Allow sauce to cook uncovered for 30 minutes, stirring frequently to ensure the bottom doesn't burn. The sauce should take on a slightly deeper color as it cooks.
4. Sauce can be used immediately or if you are planning to store it, allow to cool completely before storing. Sauce will keep for up to a week under refrigeration.

RECIPE NOTES

Nutritional information: 13 calories; 0.009 g sat. fat; 44.4 mg sodium; 3.03 carbohydrate