

Barbecue Tomato Sauce

This sauce is great as a chunky topping on baked potatoes with some grated cheese. If blended until smooth, it is excellent as a topping on sausages, pasta, barbecue meats and veggie kebabs.



Soya and wheat (gluten)*

Nutritional information per portion (127g):

Energy	Fat	Saturates	Sugars	Salt
244kJ 58kcal 3%	2.5g 4%	0.3g 1%	7.8g 9%	0.41g 7%

of an adult's reference intake.
Typical values per 100g: energy 192kJ/46kcal.

Equipment

Sharp knife
Chopping board
Garlic crusher or grater
Measuring spoons
Saucepan
Wooden spoon
Can opener

Ingredients

Serves 6 as a topping

1 medium onion
1 red pepper
1 clove garlic
1 x 15ml spoon vegetable oil
1 x 400g can chopped tomatoes
1 x 15ml spoon brown sugar
OR black treacle
2 x 5ml spoons white wine vinegar OR light malted vinegar
2 x 5ml spoons soy sauce

Serves 10-12 as a topping

2 medium onions
2 red peppers
2 cloves garlic
2 x 15ml spoons vegetable oil
2 x 400g cans chopped tomatoes
2 x 15ml spoons brown sugar
OR black treacle
4 x 5ml spoons white wine vinegar OR light malted vinegar
4 x 5ml spoons soy sauce

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Add a 400g can of beans (butter beans, kidney beans or mixed beans) at step 8 to make a more substantial topping.

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Method

1. Peel and finely chop the onion.
2. Cut open the red pepper, remove any white pith and seeds and chop into roughly 1–2cm pieces.
3. Peel and crush the garlic.
4. Heat the oil in the saucepan over a medium heat.
5. Cook the onion until soft (about 2–3 minutes).
6. Add the peppers and cook until starting to soften.
7. Stir in the garlic.
8. Add the tomatoes, sugar or black treacle, vinegar and soy sauce.
9. Simmer gently until the sauce thickens (about 10 minutes).

Something to try next time

- Top with 10g of grated reduced-fat cheese and 1 x 5ml spoon of mixed dried herbs.
- Sprinkle some fresh finely chopped herbs on the top, such as basil, mint or chives.

Prepare now, eat later

- Chill any leftover sauce in the fridge and use within 48 hours.
- Cool the sauce and pack into a freezer bag or container. Freeze for up to 3 months. Defrost thoroughly before heating until bubbling hot.

Skills used include:

Measuring, peeling, chopping, crushing, mixing/combining, boiling/simmering and frying.

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