

Honey Pineapple Barbecue Sauce



Barbecue Sauce

- 1/2 cup finely chopped sweet onion
- 2 to 3 garlic cloves, minced
- 1 tablespoon extra virgin olive oil
- 3/4 cup ketchup
- 1/2 cup pineapple juice
- 1/2 cup packed brown sugar
- 1/4 cup honey
- 2 tablespoons soy sauce
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground mustard
- 1/4 teaspoon ground cayenne pepper
- 1/4 teaspoon paprika
- 1 teaspoon cornstarch
- 2 tablespoons cold water

In a medium saucepan, saute onion and garlic in olive oil over medium heat until tender. Add ketchup, pineapple juice, brown sugar, honey, soy sauce, chili powder, ground mustard, cayenne pepper, and paprika. Bring to a boil. Reduce heat to low and simmer for 25 minutes.

Combine cornstarch and cold water, mix well. Add cornstarch mixture to sauce, stirring constantly until mixture reaches desired consistency. Serve warm over grilled chicken, beef, or pork.