

The Wellness Kitchen

Recipes from the UC Berkeley School of Public Health



[Home](#)

[Back](#)

[Print](#)

Smoky Tomato Barbecue Sauce



Cans of smoky chipotle peppers (in adobo sauce) can be found at Latin American grocery stores and many supermarkets. You can add more or less chipotle depending upon how hot you like your barbecue. The amount of chipotle used here makes a moderately hot sauce.

Makes 1½ cups

2 teaspoons olive oil

1 small onion, finely chopped

3 cloves garlic, minced

1¾ cups canned crushed tomatoes

3 chipotle peppers in adobo, minced (1 tablespoon)

1½ teaspoons honey

½ teaspoon coriander

¼ teaspoon cumin

¼ teaspoon salt

[1/8 teaspoon cinnamon](#)

1 In a medium nonstick saucepan, heat the oil over medium heat. Add the onion and garlic, and cook, stirring frequently, until the onion is soft, about 5 minutes.

2 Add the tomatoes, chipotle, honey, coriander, cumin, salt, and cinnamon, and bring to a boil. Reduce to a simmer, cover, and cook until thick, about 5 minutes. Cool to room temperature and store the sauce in the refrigerator.

per $\frac{1}{4}$ cup: 37 calories, 1.7g total fat (0.2g saturated), 0mg cholesterol, 1g dietary fiber, 5.6g carbohydrate, 0.8g protein, 192mg sodium. [good source of: lycopene.](#)

Even Healthier: no salt or salt to taste

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