Watermelon Barbecue Sauce

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Who would think - watermelon in a BBQ sauce. It's fabulous, though.

3 cups watermelon, seedless, diced, pureed in blender to make 2 cups puree

2 tablespoons honey

2 cups ketchup

1/4 cup cider vinegar

1/2 teaspoon crushed red pepper flakes

1 teaspoon Worcestershire sauce

1/2 teaspoon liquid smoke flavoring

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

Servings: 8

I reduced the amount of honey in this recipe - if you like the sweet, add another 2 tablespoons.

1. Add all ingredients to a heavy-duty saucepan.
2. Simmer for about 40 minutes, or until the sauce reaches a thick consistency (or to taste).

Per Serving (excluding unknown items): 99 Calories; trace Fat (3.7% calories from fat); 1g Protein; 25g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 720mg Sodium. Exchanges: 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.