## Sweet n' Sour Sauce

#### with canned or dried cranberries

- Have you ever had little sweet and tangy cocktail weenies or mini meatballs at a potluck? Here's your homemade recipe!
- This recipe uses about half of a 15oz. can of cranberry sauce. Double this recipe to use a whole can, or make peanut butter and cranberry jelly sandwiches with leftovers.
- Notice the different instructions (on the back) for using canned or dried cranberries.
- For a smooth sauce, blend the finished sauce, or mash it to smooth out the berries with the bottom of a glass or can.
- Tip about cornstarch: It will clump up if added directly to a dish. Mix it with a cool liquid before adding to a hot dish. This is called a "slurry". If it is mixed with a hot liquid it will not thicken.

### **Nutrition Facts**

10 servings per container
Serving size 2 Tablespoons
(59g)

# Amount per serving

90

<u>Outorics</u>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 1g Added Su	gars 2%
Protein 0g	

Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 78mg	2%

<sup>\*</sup>The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Sweet n' Sour Sauce

Servings: 10 Prep Time: 5-20 minutes



### Ingredients:

- 2/3 cup can cranberry sauce –OR–1 cup dried cranberries
- 1 1/2 cups 100% orange juice (only for dried cranberries)
- 1/2–1 teaspoon garlic powder, to taste
- 1/4 teaspoon cayenne pepper or red pepper flakes, to taste
- 1/2 teaspoon salt
- 1-1/2 Tablespoons sugar
- 2 1/2 Tablespoons vinegar
- 1/4 cup water (only for canned cranberry)

**Slurry**: 1 tsp cornstarch + 1 Tbsp water

### **Directions:**

- Stovetop: (for canned cranberries) In a small pot, mix all ingredients (except slurry) together with a whisk or fork. The cranberry sauce may still be chunky, this is ok. Go to step 2.
   Stovetop: (for dried cranberries): Mix with orange juice, not water. Add other ingredients. Bring to a boil then reduce the heat to simmer, for about 10-15 minutes with the lid on. Skip to Step 3.
- 2. **Heat** the mixture over medium heat and **whisk** often while heating. This will help dissolve the salt, sugar and cranberry. Once it bubbles everything should be dissolved, about 3–5 minutes.
- 3. **Mix** cornstarch and water in a small cup or bowl until it dissolves. **Add** to bubbling sauce. **Whisk** for 1 minute then turn off the heat.
- 4. Microwave: (only for canned cranberry) Mix all ingredients (except slurry) in a microwave safe bowl and heat for 3 minutes. Stir well. Mix in slurry and heat for 30 more seconds to thicken it up.