



### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1/2 red bell pepper
- 1/4 cup brown sugar
- 1 teaspoon garlic
- 1 tablespoon dry mustard
- 1/2 cup cider vinegar
- 4 cups pineapple juice
- 1 (16 ounce) jar pineapple fruit preserves

## Fruit BBQ Marinade

Makes: 8 servings (5 cups each)

Prep Time: 10 minutes

Cook Time: 20 minutes

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### Directions:

1. Brown onions, and red peppers in olive oil.
2. Add brown sugar, garlic, mustard, and cider vinegar.
3. Cook for one minute on high or until bubbly.
4. Add pineapple juice.
5. Marinade meat of choice overnight or up to 24 hours.
6. Cook on barbecue and baste frequently with the marinade.
7. Near the end of the cooking, add preserves to top and allow to brown slightly.

*Recipe and photo courtesy of Allrecipes.com.*

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