



# Black Peppercorn Sauce

A smoky black pepper cream sauce with delicious depth

This sauce tastes so good! It has a savory herbed butter flavor with a smoky pepperiness that sneaks up and karate chops the back of your tongue like an angry creamy ninja. It's great on beef and pork. Heck, it'd be good as lip balm for goodness sake.

## Ingredients:

- 1 Tbsp I Can't Believe It's Not Butter Light
- 1 small onion, finely diced
- 2 medium garlic cloves, crushed and finely chopped
- 1/2 tsp salt
- 5 sprays, butter flavored cooking spray \*\*\*
- 1 bay leaf
- 3-4 sprigs fresh thyme
- 2-1/2 tsp black pepper ('coarse ground' or 'cracked' if able)
- 2-1/2 tsp whole black peppercorns
- 1/2 cup unsweetened plain almond milk
- 4-1/2 tsp cornstarch (mixed into the water)
- 1/2 cup fat free chicken broth
- 3/4 cup water
- 2 tsp lemon juice

## Serving Info.:

Yields: 2 cups  
 Servings: 4  
 Serving Size: 1/2 cups



R D  
1-1

- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

## Directions:

1. Melt the butter spread in a pan and cook onions for 3-4 minutes, until sweating. Add the garlic and cook for 1-2 minutes, until it becomes fragrant.
2. Spray the onions and garlic for 5 seconds with butter flavored cooking spray, add the herbs, salt, black pepper and peppercorns to the pan. Cook on medium-low heat for 3-4 minutes.
3. In a separate bowl, whisk together the almond milk and cornstarch, then add the chicken broth, water and lemon juice.
4. Pour the liquid mixture into the pan with the onions and pepper, stir constantly with a whisk. Bring the sauce up to a low boil and continue stirring for 3-4 minutes, until it thickens to your desired consistency. Use a fork to remove and discard the thyme leaves and bay leaf.
5. Turn off the heat and serve immediately, or allow to cool for a few minutes. The sauce thickens more as it cools.

## Notes:

- You can replace the almond milk with any type of milk you want, but adjust points accordingly.
- This would be great with sauteed mushrooms added into it, which would have the added benefit of "bulking up" the sauce. Doing so would not just taste great, but it would both increase the servings and possibly lower the points for the first serving.
- If you'd like to add a little bit more savory depth of flavor to the sauce, you can stir in up to 1-1/4 teaspoons of reduced fat parmesan topping (like Kraft) into the sauce, for 0 points.
- This recipe gets 1 ingredient point from peppercorns. Ignore that, if you don't count spices.