



Sides| **PEAK SEASON: Summer**

Homemade BBQ Sauce

Recipe by: Chad Cherry

A great BBQ sauce balances sweet, tangy, smoky and savory flavors. Start with the recipe then taste and adjust based on your flavor preferences. The best part of making your own sauces is you can control the flavor and sugar content.

Nutritional Info

Makes 1 cup, 8 servings- 2 tbsp each

Calories: 10

Carbs: 3g

Fiber: 0g

Protein: 0g

Sugars: 1g

Fat: 0g

Sodium: 140mg

Ingredients

- ¾ cup of no sugar added ketchup
- 1 tbsp of Brown Sugar Stevia
- 1 tbsp apple cider vinegar
- 1 tsp yellow mustard
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- pepper to taste
- 2 tbsp water

Instructions

1. Add all ingredients to a small mixing bowl
2. Whisk until smooth and well combines
3. Taste and adjust sweetness, acidity, or spices as desired.
4. Use immediately or refrigerate in an airtight container for up to one week.

Additional Info

- A great BBQ sauce balances sweet, tangy, smoky and savory flavors. Start with the recipe, then experiment by adding more vinegar for tang, smoked paprika for smokiness, or black pepper for a little heat.
 - Sweet = brown sugar stevia (in place of regular brown sugar)
 - Tangy = Apple Cider Vinegar and Mustard
 - Smoky = Smoked Paprika
 - Savory = Garlic, Onion & Worcestershire
 - Spicy = black pepper OR add cayenne or red chili flakes
- Understanding these flavor components can help you understand your own sauces, marinades and dressings at home.

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