



Clean & Hungry BBQ Sauce



1/10th of recipe (about 2 tbsp.): 28 calories, 0g total fat (0g sat. fat), 151mg sodium, 6g carbs, 0.5g fiber, 4.5g sugars, 0.5g protein

Prep: 10 minutes



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Ingredients

- 3/4 cup canned crushed tomatoes
- 1/4 cup tomato paste
- 2 tbsp. apple cider vinegar
- 1 tbsp. molasses
- 1 tbsp. honey
- 1 tbsp. Dijon mustard
- 1 tsp. reduced-sodium/lite soy sauce
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. salt
- 1/4 tsp. paprika

Directions

In a medium-large bowl, combine all ingredients. Whisk until uniform.

Transfer sauce to a medium-large sealable container. Seal, and refrigerate until ready to use.

MAKES 10 SERVINGS

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