



# Healthier BBQ Sauce & Rub

## Ingredients:

### BBQ Sauce

- 1 cup no-sugar-added ketchup
- 1 can tomato paste
- 1/2 cup apple cider vinegar
- 1/4 cup honey
- 1/4 cup molasses
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper

### BBQ Rub

- 1.5 tbsp chili powder
- 1 tbsp paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 2 tsp oregano
- 1 tsp salt
- 1 tsp black pepper

## Directions:

1. Combine all dry rub ingredients in a small bowl; Mix thoroughly; Use immediately or store in airtight container
2. Combine all BBQ sauce ingredients in a small pot over the stove; Stir until well combined
3. Bring to a simmer over medium heat; Cover with a lid; Stir occasionally until sauce thickens about 10-15 minutes
4. Use immediately or let cool and store in airtight container
5. Enjoy!

## Cookware needed:

- Small bowl
- Small pot
- Whisk or spoon
- Storage containers

Cost: \$

Ease:



Unlike many other recipes for BBQ sauces and rubs, these easy recipes use simple ingredients with no added sugars. Tomatoes are rich in vitamin C which supports immune function and cooked tomatoes contain an important antioxidant called lycopene which helps prevent cell damage from oxidation. Garlic, apple cider vinegar, and honey also stimulate immune function.