



# The Kitchen at Second Harvest Easy Homemade BBQ Sauce try at home recipe

Recipe modified from Budget Bytes

flip to learn more!



## Ingredients

- 1 cup tomato sauce
- 2 Tbsp. tomato paste
- 2Tbsp. apple cider vinegar
- 2 Tbsp brown sugar
- 2 Tbsp. molasses
- 1/2 Tbsp Dijon or yellow mustard
- 1 tsp. Worcestershire Sauce
- 1 tsp. smoked paprika
- 1/4 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. cayenne (optional)
- salt and pepper to taste

**Yield: 1 cup**

**Serving Size: 1/4 cup**



## Directions

- Combine all ingredients in a small bowl.
- Whisk with a fork until well combined and brown sugar has dissolved.

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



# The Kitchen at Second Harvest Easy Homemade BBQ Sauce try at home recipe

Recipe modified from Budget Bytes

flip to learn more!

## Ingredients

- 1 cup tomato sauce
- 2 Tbsp. tomato paste
- 2Tbsp. apple cider vinegar
- 2 Tbsp brown sugar
- 2 Tbsp. molasses
- 1/2 Tbsp Dijon or yellow mustard
- 1 tsp. Worcestershire Sauce
- 1 tsp. smoked paprika
- 1/4 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. cayenne (optional)
- salt and pepper to taste

**Yield: 1 cup**

**Serving Size: 1/4 cup**



## Directions

1. Combine all ingredients in a small bowl.
2. Whisk with a fork until well combined and brown sugar has dissolved

Find more recipes, free classes,  
and ways to get involved!

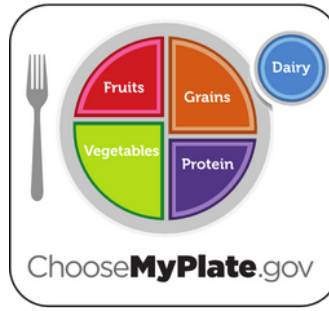


[secondharvestkitchen.org](http://secondharvestkitchen.org)

## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Making your own barbeque sauce lets you control the ingredients and can help cut down on food waste by not having to throw away old bottles of unused bbq sauce.
- Make extra! Freeze extra sauce in a freezer safe container or freezer bag. Can be frozen for up to 3 months.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



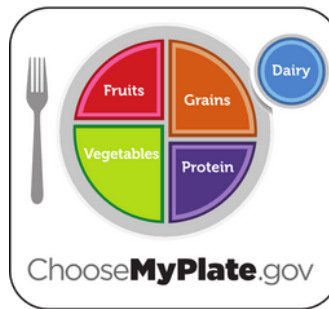
## Nutrition Facts

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	1/4 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 559mg	<b>45%</b>
Iron 0.288mg	<b>2%</b>
Potassium 21432mg	<b>460%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Making your own barbeque sauce lets you control the ingredients and can help cut down on food waste by not having to throw away old bottles of unused bbq sauce.
- Make extra! Freeze extra sauce in a freezer safe container or freezer bag. Can be frozen for up to 3 months.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



## Nutrition Facts

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	1/4 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 559mg	<b>45%</b>
Iron 0.288mg	<b>2%</b>
Potassium 21432mg	<b>460%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	