

BBQ SAUCE

(Kitchen Session team will produce a dish using BBQ sauce)

Recipe provided by Solvang Elementary School for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Garlic, granulated		½ cup	1. Mix all ingredients in a large pot. Bring to a simmer. Simmer for 15 minutes. Cool.
Catsup, low sodium	1-#10 can		
Light brown sugar	1 lb.		
Soy sauce		¼ cup	
Prepared yellow mustard		1 cup	
Black pepper, ground		2 Tbsp.	
Apple cider vinegar		1 qt.	
Water		2 cups	
Molasses		½ cup	
Chili powder		¼ cup	

Recipe Notes:

Yield 4 qt.

Nutrition Information (per ¼ cup)

Calories: 105/Protein: 1 g/Carbohydrate: 27 g/Fiber: 0 g

Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 110 mg/Potassium: 230 mg