

# Recipe of the Week

## Barbecue Sauce

Summer is here and that means it's grill time!

Save calories by using this recipe as a marinade or sauce - your taste buds and waistline will thank you.

### Ingredients:

- 2 cans of tomato paste (6-ounce cans)
- ½ cup apple cider vinegar
- ⅓ cup zero calorie sweetener such as Stevia or Splenda
- 1 tablespoon liquid hickory smoke
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon chili powder
- ¼ teaspoon cayenne pepper, or to taste
- 1 ½ cups water

### Instructions:

1. Put all ingredients in a pot.
2. Bring to a boil, stirring frequently.
3. Simmer for 5 minutes then remove from heat.
4. Let cool then store the sauce in the fridge in an airtight container. It will keep for about a week.

**Makes 6-8 servings. Count each serving as free.**

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