

Barbecue Sauce

Serves: 4

Serving Size: 1/3 cup

Ingredients:

8 ounces tomato sauce
1 teaspoon ground anise seeds
3 tablespoons honey
1 tablespoon vinegar
1/2 teaspoon chili powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
3 tablespoons tomato paste

Directions:

Mix all ingredients together in a small bowl. Refrigerate until ready to use – up to one week. You can also freeze it for up to 3 months.

Nutrition Information:

This recipe makes 4 servings. Each 1/3 cup contains 95 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 335 mg sodium, 20 g carbohydrate, 2 g fiber, 17 g sugar, and 2 g protein.

Each serving also has 11% DV vitamin A, 11% DV vitamin C, 1% DV calcium, and 5% DV iron.

Chef's Tips:

Use this sauce like you would use regular barbecue sauce. It tastes great on grilled fish, poultry, and vegetables.



Cooking Lesson:

This is a simple, healthful, and tasty starter recipe. Because it's so straightforward, it's a great one to use as an introduction to the kitchen.

Nutrition Lesson:

This barbecue sauce has *way* less sodium per serving than most packaged varieties. A low-sodium diet is generally good for heart health.