

Your Guide to Making a Healthier Barbecue Sauce

Now, you may be wondering just why it is you should bother making your own barbecue sauce when they are plenty of options for you on store shelves. Well, as you may have already learned for yourself, commercial sauces aren't all that healthy for you!

According to Dana Angelo White, a registered dietician and contributor to the <https://www.foodnetwork.com/>, a two tablespoon serving of such sauces can contain as much as 17 grams of sugar and 350 grams of sodium. Oh, and if you are counting calories, a single serving can be up to 70 calories!

To make matters worse, a lot of brands will add highly processed ingredients such as high fructose corn syrup, potassium sorbate, and artificial colorings.

And, as Kristy Norton, chef and BBQ connoisseur as well as main contributor to <https://catheadsbbq.com/> notes, these sauces just don't taste that good. Due to all of those synthetic flavorings, many of these brands can taste quite artificial. Not to mention, if you don't have much of a sweet tooth, these sauces can be far too sugary for your liking.

Fortunately for you, the solution is here – homemade barbecue sauce. The recipe below gives you a sauce that is so good, you will forget that it is healthy!

One note to be made, though, is the use of sweeteners. This recipe calls for both maple syrup and molasses – they are [healthier alternatives](#) to processed sugar. If you wish for a sugar-free or a low-carb option, though, you may want to consider a keto-friendly sweetener such as monk fruit.

Healthy, Delicious Barbecue Sauce Recipe

Ingredients

For 1 Cup

- 7.5 ounces of tomato sauce
- 3 ounces of tomato paste
- 2 tbs. + $\frac{3}{4}$ tbs. of apple cider vinegar
- 2 tbs. of pure maple syrup
- 2 tbs. of molasses
- 1 tbs. of Worcestershire sauce
- 1 tsp. of smoked paprika
- $\frac{1}{2}$ tsp. of mustard
- $\frac{1}{2}$ tsp. of garlic powder
- $\frac{1}{4}$ tsp. of kosher salt
- $\frac{1}{4}$ tsp. of black pepper
- $\frac{1}{8}$ tsp. of cayenne pepper

Method

Step 1

Add all the ingredients to a pan and place over medium heat. Bring the ingredients to a simmer, stirring to combine all the components properly.

Step 2

Taste the sauce at this point. If you want to adjust any seasonings, now is the time to do it.

Step 3

Cover the pan with a lid to avoid splattering, but keep the lid ajar to allow steam to escape. This ensures that the sauce can reduce properly. Let the sauce cook for 10 to 15 minutes or until it has thickened to a desired consistency. Make sure to stir regularly to prevent the sauce sticking to the pan.

Take the sauce off the pan and serve immediately or allow to cool.

This barbecue sauce can keep for up to one week if refrigerated. It is best to store it in an airtight container or bottle to avoid any other flavors intercepting the perfectly crafted balance.

To make sure that you eat it while it is fresh, mark the date of preparation on the container before placing it in the fridge.

There you have it – a recipe for barbecue sauce that is good for your taste buds and body! Now, you don't have to stick to this recipe too strictly. The more that you make this sauce, the more that you may want to experiment.

Go ahead and get as creative as you like, even adding liquid smoke for an extra smoky kick. You can even try out other spices or herbs – take the flavor up or down a notch as you see fit. It is all about creating a sauce that you and your family are excited about eating!