



## Clean & Hungry BBQ Sauce



1/10th of recipe (about 2 tbsp.): 28 calories, 0g total fat (0g sat fat), 151mg sodium, 6g carbs, 0.5g fiber, 4.5g sugars, 0.5g protein

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

3/4 cup canned crushed tomatoes  
1/4 cup tomato paste  
2 tbsp. apple cider vinegar  
1 tbsp. molasses  
1 tbsp. honey  
1 tbsp. Dijon mustard  
1 tsp. reduced-sodium/lite soy sauce  
1 tsp. garlic powder  
1 tsp. onion powder  
1/4 tsp. salt  
1/4 tsp. paprika

### Directions

In a medium-large bowl, combine all ingredients. Whisk until uniform.

Transfer sauce to a medium-large sealable container. Seal, and refrigerate until ready to use.

**MAKES 10 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.