



UNIVERSITY OF WYOMING
EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
JULY



KANSAS CITY-STYLE BARBECUE SAUCE

Makes 2 1/2 Cups

INGREDIENTS

- 2 tablespoons butter
- 1 small yellow onion, finely chopped (about 1 cup)
- 3 cloves garlic, minced (about 1 tablespoon)
- 2 cups ketchup
- 1/3 cup molasses
- 1/3 cup dark brown sugar
- 1/3 cup apple cider vinegar
- 2 tablespoons yellow mustard
- 1 tablespoon chili powder
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon cayenne pepper

DIRECTIONS

1. Melt butter in medium saucepan over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds.
2. Add ketchup, molasses, brown sugar, vinegar, mustard, chili powder, black pepper, and cayenne pepper and stir to combine. Bring to a boil, then reduce heat to low and simmer until slightly thickened, about 30 minutes, stirring frequently.
3. Transfer sauce to the jar of a blender and blend until smooth. Let cool to room temperature, transfer to a jar and store in refrigerator for up to a month.



Kansas City-Style Barbecue Sauce

Nutrition Facts

Serving Size: 1/4 cup (0.0g)
Servings Per Container: 10

Amount Per Serving

Calories 150 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 630mg **26%**

Total Carbohydrate 31g **10%**

Dietary Fiber 1g **4%**

Sugars 27g

Protein 1g

Vitamin A 25% • Vitamin C 15%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.