



## **STRONG Heart Program Recipe-of-the-Month**

### **Low Sodium Barbecue Sauce**

Recipe from AHA Low Sodium Cookbook  
Ingredients compliments of Lori's Natural Foods Store

*Here's a low sodium barbecue sauce that you might enjoy using for any upcoming picnics. It can be stored in a covered container in the refrigerator for 1 month. For longer storage, freeze in small quantities for use as needed.*

#### **Ingredients:**

2 cans (6 oz. each) tomato paste  
2 cups water  
½ cup low-sodium ketchup (less than 140mg sodium per serving)  
¼ cup firmly packed brown sugar  
2 tablespoons fresh lemon juice  
¼ cup chopped onions  
1 clove garlic, minced  
2 tablespoons chili powder  
2 tablespoons cider vinegar  
2 tablespoons canola oil  
1 tablespoon chopped fresh parsley  
1 teaspoon dry mustard powder  
1 teaspoon paprika  
1/8 teaspoon ground black pepper  
Dash hot pepper sauce (optional)

#### **Directions and Serving Suggestions:**

1. Combine all ingredients in a saucepan and mix well.
2. Simmer uncovered over low heat 20 minutes.
3. Uses: Brush on chicken while grilling  
Add turkey meatballs  
Add pieces of grilled tempeh or tofu