**Deanna’s Simple Barbecue Sauce**

**Yield: about 3 cups / Serving Size: up to 1/3 cup**

**SmartPoints per serving: Ⓞ Ⓞ Ⓞ**

SmartPoints in bottled barbecue sauce: up to 11!!

1 (15 ounce) can tomato sauce

1 cup unsweetened apple sauce

¼ cup sugar-free maple syrup

2 tablespoons balsamic vinegar

1 tablespoon cider vinegar

1 tablespoon yellow mustard

1 tablespoon liquid smoke

4 teaspoons Worcestershire sauce

2 teaspoons paprika

1 teaspoon onion powder

½ teaspoon black pepper

½ teaspoon red pepper flakes, optional

Combine all ingredients in a medium saucepan and simmer for 10 minutes.

*Notes*: Sauce will keep, refrigerated for 2 weeks.

Sauce can be frozen.

[**Find more recipes at: deannathechef.com**](http://www.deannathechef.com/)