



## BBQ Sauce

### Instructions:

Mix all the ingredients.

Keep refrigerated.

**If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.**

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### Prep Time:

5 minutes

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### Cook Time:

n/a

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### Ingredients:

15 oz. can tomato sauce

3 TBSP. yellow mustard

2 TBSP. white vinegar

1 tsp. Worcestershire sauce

2 tsp. chopped parsley

1/2 tsp. salt

1/8 tsp. fresh ground pepper

1/8 tsp. garlic powder