



Memphis-Style Smoky Barbecue Sauce

Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 35 minutes



This is a solid BBQ sauce that everyone raves about! I was taking spoonfuls all day. It is sweet and tangy with a slight "punch" from the cayenne pepper.

- 3 cups ketchup**
- 1/2 cup firmly packed light brown sugar**
- 1/2 cup molasses**
- 1/4 cup yellow mustard**
- 2 tablespoons fresh lemon juice**
- 2 tablespoons Worcestershire sauce**
- 2 tablespoons liquid smoke**
- 2 teaspoons onion powder**
- 1 teaspoon garlic powder**
- 1 teaspoon salt**
- 1 teaspoon fresh ground black pepper**
- 1/2 teaspoon cayenne pepper**

Combine all ingredients in a large non-reactive saucepan over medium heat and simmer for 20 minutes, stirring occasionally.

This is a traditional and well-balanced Memphis BBQ sauce that everyone raves about! Memphis style BBQ uses a sauce that is thinner in consistency, less sweet, and spicier than Kansas City style. Most true lovers of Memphis BBQ either dip the meat in the sauce or pour it over the meat after serving. I was sipping spoonfuls of this version all day. It is sweet and tangy with a slight "punch" from the cayenne pepper.

Serving Ideas: Serve with ETL Pulled Pork; also use on ribs and chicken wings.

Per Serving (excluding unknown items): 213 Calories; trace Fat (1.6% calories from fat); 1g Protein; 55g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1251mg Sodium; 48g Total Sugars; 0mcg Vitamin D; 79mg Calcium; 2mg Iron; 627mg Potassium; 45mg Phosphorus. Exchanges: .