



Fountains of Faith

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Kansas City Recipes

Kansas City Barbecue Sauce

Ingredients:

- 4 oz can crushed tomatoes
- 1 cup ketchup
- ¾ cup brown sugar
- ½ cup apple cider vinegar
- ½ cup molasses
- 1 Tbsp smoked paprika
- 1 Tbsp salt
- 2 tsp ground black pepper
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp red pepper flakes
- ½ tsp ground mustard

Directions:

Combine all ingredients in a medium saucepan and bring to a boil over medium heat. Use a whisk to combine and mix the ingredients while it comes to a boil.

Once your sauce is boiling, reduce the heat to low and allow it to simmer for 20 minutes. The sauce should thicken nicely, and your house will be filled with the sweet aroma of delicious BBQ sauce.

Remove the sauce from the heat and allow it to cool completely. It can be used immediately and keeps in the refrigerator for up to two weeks.

(Source: www.heygrillhey.com)

Kansas City Spice Rub

Ingredients:

- 2 Tbsp brown sugar
- 2 Tbsp ground paprika
- 1 Tbsp white sugar
- 1 Tbsp garlic salt
- 1 Tbsp celery salt
- 1 Tbsp chili powder
- 2 tsp fresh ground black pepper
- 1 tsp ground cayenne pepper
- ½ tsp dry mustard

Directions:

In a small bowl, mix spices together. Rub meat with spice mixture and cook as desired. This seasoning works well on various meats, including chicken, pork, and beef.

(Source: www.food.com)