

Cannabis-Infused Barbecue Sauce

Smoky, sweet, and built for dosing control by the tablespoon.

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| Ready | ~25 min | Yield | ~1 cup (16 tbsp) | Infusion | Infused olive oil |
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Ingredients

- + 1 cup tomatoes, chopped
- + 1/4 cup onion, diced
- + 2 tbsp infused olive oil
- + 1/2 cup apple cider vinegar
- + 1/4 cup molasses or honey
- + 2 tbsp tomato paste
- + 1 tbsp smoked paprika
- + 1 tsp Worcestershire sauce
- + 1 tsp garlic powder
- + 1 tsp salt
- + 1/2 tsp black pepper
- + cayenne, optional

Steps

1. Warm infused oil. Cook onion + tomatoes 5 min until soft.
2. Stir in remaining ingredients. Simmer gently 15 to 20 min, stirring.
3. Blend smooth. Cool slightly. Jar and label.

Pro tip: Keep heat gentle. Avoid hard boiling.

Dosing guide (default estimate)

If your infused oil was made from 3.5 g cannabis at 20% THC and captures ~25% into 4 tbsp oil, this recipe (2 tbsp oil) contains ~87.5 mg THC total, or ~5.4 mg per tbsp.

| Portion | Estimated THC | Use |
|------------------|---------------|-------------------------------------|
| 1 tsp (1/3 tbsp) | ~1.8 mg | Microdose range for many |
| 1 tbsp | ~5.4 mg | Cautious starting point for many |
| 2 tbsp | ~10.9 mg | Often better for intermediate users |

Dosing caveat: Estimates vary with flower labeling accuracy, decarb time and temperature, infusion efficiency, storage, recent meals, tolerance, and metabolism. Start low, wait at least 90 minutes, and avoid stacking doses.

Storage: Refrigerate airtight up to 2 weeks. Stir before use. Discard if spoiled.

Generated February 03, 2026. Label infused foods clearly. Keep out of reach of children and pets.