



Red Onion Bacon Jam

To Quote a Famous TV Chef... It's So Good You Can Spread It On A Flip Flop

Red Onion Bacon Jam is one of those things I'd always heard about on Diners, Drive Ins & Dives, but never had a chance to try before I needed to make it for 'Cookbook 3'. If you've never had it, it's pretty much a sweet, salty, savory and smoky spread, similar in texture to a marmalade, made with chopped up bacon, caramelized red onions, vinegar and sugar. To lighten mine, I use 0 calorie brown sugar substitute and 'center cut' bacon, instead of full fat, regular bacon.

Ingredients:

- 7 slices 'center cut' bacon. cooked to crispy, then patted dry.
- 3-1/2 to 4 cups red onion, thin sliced
- 1-1/2 cups fat free beef broth
- 2 Tbsp apple cider vinegar
- 1-1/2 tsp balsamic vinegar
- 1-1/2 Tbsp sugar free pancake syrup (maple flavored)
- 1/2 tsp cocoa powder
- 2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp 0 calorie 'brown sugar replacement' (see notes)

Directions:

- 1 Cook all of the bacon in a pan, with cooking spray, till crisp. Remove from pan, pat dry with paper towels to remove excess grease, then chop into small pieces. Set aside.
- 2 Wipe the excess grease from the pan (it's a 'points' thing), spray the pan with cooking spray again, then add the sliced red onions, half of the beef broth (3/4 cup), as well as the apple cider vinegar, salt, pepper and brown sugar replacement. Bring to a simmer over medium heat, then cover with a lid and cook for 15 minutes.
- 3 After 15 minutes, add the remaining 3/4 cup broth, smoked paprika, cocoa powder, balsamic vinegar, sugar free syrup, salt, pepper and chopped bacon. Cover and simmer on medium-low heat for another 15-20 minutes, or until most all of the liquid is gone and it resembles a thick jam. Cool to room temperature.

Notes:

- Center Cut Bacon is lower in points and calories than traditional bacon, because it's a leaner cut. Most all brands are 1 point per slice, cooked, with the oil removed. My recipe uses 7 total points of bacon. Feel free to use turkey bacon if you want.
- Sweetener: If you don't have 0 point brown sugar substitute, use regular sweetener and add 1/4 tsp molasses into the pan.

Serving Size:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



Range

1-1

- last checked 12/05/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.