Barbecue Sauce

A simple sauce that you can easily modify and build off of

Brush this simple sugar free barbecue sauce on chops, kebabs or chicken drumsticks before cooking, or use as a glaze during grilling. Serve it as either a hot or cold sauce to go with any of your favorite dishes. It's a perfect base to dock up yourself for a low point bbq style sauce. It's so low in points that you have a lot of room to play around with adding ingredients to make it your own.

Ingredients:

- 1/4 cup water
- 1 large onions, chopped
- 4 garlic cloves, medium, chopped
- 1 (29oz) can of tomato sauce (the 0 point kind)
- 1/3 cup worcestershire sauce
- 1/3 cup apple cider vinegar
- 1/4 cup sugar free syrup (pancake syrup)
- 1/3 cup 0 calorie brown sugar substitute
- 2 tsp ground mustard
- 1/2 tsp onion powder
- 1/2 to 3/4 tsp chili powder, to taste
- 2 tsp smoked paprika
- 2 tsp paprika
- 1/2 tsp liquid smoke, hickory (OPTIONAL)
- additional salt and pepper to taste
- (optional) 1 Tbsp lower sodium soy sauce

Serving Info.:

Yields: 5 cups
Servings: 10
Serving Size: 1/2 cup

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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1 In a medium saucepan, saute the onions and garlic with cooking spray, until softened.
2 Stir in all of the remaining ingredients and heat to a low simmer.
3 Cover and simmer for 15 minutes.
4 Pour the mixture into a blender or food processor and process on high until smooth.
5 Return the sauce to the pan and season with additional salt and pepper, if desired.

Notes:

- This recipe is so low in points that it leaves you a lot of room to customize it.
- Want a southwest kick? Add 1 canned chipotle pepper in adobo sauce prior to pureeing, as well as a dash of McCormick's Chipotle Chili Powder. It adds some nice heat and a deep smoky flavor.
- Want an Asian version? Ditch the chili powder, then replace it with 1/2 tsp ground ginger. Add a total of 3-1/2 Tbsp lower sodium soy sauce... as well as 1 tsp sesame oil. Adjust your points.
- Don't want to buy brown sugar replacement? Use regular sweetener, it'll still taste fine.