

Low Carb No Sugar Homemade BBQ Sauce

MyProductiveBackyard.com



- 6 ounce can of tomato paste
- 1/3 cup apple cider vinegar
- 3 tablespoons white wine vinegar
- 3/4 cup water
- 2 tablespoons Worcestershire sauce
- 2 teaspoons chili powder
- 1 tsp onion powder
- 1 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 tsp garlic powder
- 1/2 teaspoon ground black pepper

Combine all of the ingredients in a medium saucepan over medium high heat. Bring the mixture to a boil and then reduce the heat and let simmer on low, uncovered, for about an hour. Stir at least every 10 minutes or so to keep blending the flavors and cook it evenly.

Yield: 1 1/2 cups

Store in a glass container (a mason jar is perfect) in the refrigerator for up to a week. Pints can be canned in a water bath canner for 15 minutes.

The below nutrition facts were calculated using My Fitness Pal. It is meant to give you an idea only. If you need exact nutritional information, you can put in exactly what brands you used so it is the most accurate.

Based on yield of 1 1/2 cups and 24 one Tablespoon servings:

(12 Calories) (0 g Fat) (123 mg Sodium) (2 g Total Carbs) (0 g Fiber) (2 g Net Carbs) (1 g Sugars) (1 g Protein)