

RECIPE

Sugar Free BBQ Sauce

This sweet and tangy homemade barbecue sauce is **gluten free, keto/low carb, paleo approved**, dairy free, and super easy to make. It tastes like the real deal, and is even better the second day when all of the ingredients have marinated together.



INGREDIENTS

- 1 cup sugar free ketchup
- 4-½ tbsp brown sugar substitute
- ½ cup water
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 3 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ancho chile powder
- ¼ tsp cayenne pepper
- 1 tsp liquid smoke



PREPARATION

- Mix all ingredients in a medium size saucepan and bring to a simmer.
- Cook for 45 minutes, stirring often.
- Check seasoning as you may need to add more brown sugar substitute.
- If desired, use hand blender to make a more smooth sauce.
- Serve immediately or store in an airtight container for up to 3 days.



MIX IT UP

Use your own sugar free ketchup recipe, or purchase.

Substitute chili powder for ancho chili, but be sure to add a small amount of crushed red pepper for effective swap.

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