

DENISE'S SUGAR FREE BBQ SAUCE

Ingredients

- 1 small onion, minced
- 1 clove garlic, minced
- 1 (6oz) can tomato paste
- 1 (12oz) can diet cola
- ¼ c. low-carb ketchup
- 3 Tbsp. Worcestershire sauce
- ½ tsp. ground cloves
- 1 tsp. Tabasco/hot sauce
- ½ c. water
- 1 tsp. Liquid Smoke



Find *Liquid Smoke* in the Condiment Aisle by the Hot Sauce!

Directions

1. Spray some cooking spray in a 2 quart pan.
2. Add minced onion and cook over medium heat until soft (3-5 min).
3. Add minced garlic and stir for 1 minute.
4. Add the tomato paste, diet soda, ketchup, mustard, Worcestershire, ground cloves, Tabasco/hot sauce, and ½ c. water; Stir well.
5. Simmer for 20-30 minutes.
6. Add 1 tsp. Liquid Smoke before serving.
7. Store in a glass bottle for serving.

Yields: 10 (1/4 cup servings)

Calories: 20

Fat: 0g

Protein: 1g

Carb: 5g (1g fiber)

RECIPES



For eating well
after bariatric
surgery

This BBQ Sauce has 1/5th the calories of regular BBQ sauce which has 100 calories per ¼ cup portion



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