

Barbecue Sauce

Ingredients

- 3 ounces tomato paste
- ¼ cup apple cider vinegar
- 3 tablespoons lemon juice
- 1 tablespoon hot sauce
- 1 tablespoon onion, minced
- ¼ teaspoon chili powder
- Liquid smoke hickory flavouring to taste
- ½ teaspoon Worcestershire sauce
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon parsley, chopped
- Stevia to taste (try a touch of dark chocolate liquid Stevia for added flavour)
- Cayenne pepper to taste
- Sea salt and pepper to taste
- Water as needed to achieve desired consistency

Makes 2 servings (1 vegetable)
0.5 grams protein
0 fat
38 calories per serving

Directions

1. In a small saucepan, combine all ingredients.
2. Mix well and bring to a boil.
3. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn.
4. Use as a barbecue sauce for chicken or beef.

