

Low Sugar Barbeque Sauce

Ingredients:

6 tbs. onions, fine dice

3 cups tomato sauce

6 tbs. cider vinegar

3 tsp. chili powder

1 ½ cup **sugar free** cola, reduced to 6 tbs.

1 tbs. garlic, minced

3 tbs. worcestershire saucer

6 tbs. ketchup

3 tsp. mustard powder

Sauté onions until golden. Add garlic and cook until fragrant. Add remaining ingredients and simmer until flavors are blended, at least 10 minutes.

Nutritional Information:

Total Fat: 0g

Calories: 20

Sodium: 200mg

Carbs: 4g

Protein: 1g

