



# Sugar free BBQ Sauce

## Ingredients

- 1 tablespoon canola oil
- 1 cup minced onion
- 2 cloves garlic, minced
- 2 beef bouillon cubes
- ½ cup hot water
- 3 (6 oz) cans tomato paste
- 1 cup granular sucralose sweetener (e.g., Splenda®)
- ¾ cup Worcestershire sauce
- ¾ cup Dijon mustard
- 3 tablespoons hickory-flavored liquid smoke
- 1 teaspoon salt
- ½ cup apple cider vinegar
- 1 tablespoon hot pepper sauce (like Tabasco®), or to taste

## Instructions

### 1. Sauté the aromatics:

In a large saucepan, heat the oil over medium heat. Add the minced onion and cook until soft and translucent, about 5 minutes. Add the minced garlic and cook for another minute, stirring constantly.

### 2. Dissolve the bouillon:

In a small cup, combine the bouillon cubes with hot water. Stir until softened, then pour into the saucepan. Bring to a gentle simmer, stirring to fully dissolve the cubes.

### 3. Build the sauce:

Add the tomato paste, sweetener, Worcestershire sauce, Dijon mustard, liquid smoke, salt, vinegar, and hot sauce. Stir until everything is well blended and the sweetener has dissolved.

### 4. Simmer to perfection:

Reduce the heat and let the sauce simmer gently for 25–30 minutes, stirring often, until the flavors meld and the texture thickens.

### 5. Cool and store:

Let cool slightly, then transfer to a jar or airtight container. For best flavor, refrigerate overnight before using. Sauce will keep in the fridge for up to 1 week.