



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.