

Homemade BBQ Sauce

This sauce is usually made with a base of a tomato product, vinegar, liquid smoke, spices, salt, pepper, and sweeteners. Commercially prepared barbeque sauce is loaded with salt and sugar. If you have had gastric bypass or sleeve surgery, the sugar in the sauce may cause dumping syndrome. Make your own sauce so you can control the amount of sugar and salt, plus it's less expensive to make your own.

Serving size: 2 tablespoons

2 cups ketchup
1 cup water
½ cup apple cider vinegar
5 tbsp light brown sugar
5 tbsp dark brown sugar
1½ tsp onion powder
1½ tsp ground mustard
1½ tsp ground black pepper
1 tbsp lemon juice
1 tbsp Worcestershire sauce



In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour and 15 minutes.

Per serving: 15 calories, 0g protein, 0g fat, 0mg cholesterol, 3g carbohydrate, 0g fiber, 3g sugar, 70mg sodium

Recipe from Food Network

