

BBQ Sauce

- 1 Tbsp. canola or extra virgin olive oil
- 1 cup onion, minced
- 2 garlic cloves, minced
- 2 beef bouillon cubes
- 1/2 cup hot water
- 3 (6oz.) cans tomato paste, divided
- 1 cup SLENDA® granular
- 3/4 cup Worcestershire sauce
- 3/4 cup Dijon mustard
- 3 Tbsp. liquid smoke, hickory flavored
- 1 tsp. salt
- 1/2 cup cider vinegar
- 1 Tbsp. Tabasco (+ 1 tsp. for spicier sauce)

Place oil in a large saucepan. Add onions and garlic. Sauté over medium heat until translucent (approx 2-3 min.). Mix the bouillon and water until partially dissolved. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk. Simmer, uncovered, 25-30 min. to allow flavors to meld. Stir frequently. Refrigerate overnight in a nonmetallic container. Sauce is best if prepared a day before using. Keeps well, refrigerated, for 1 week. Makes 4 cups or 42-3/4 oz servings.

Nutrition Information per serving: 15 calories; 3 grams carbohydrate; 0 grams protein; 0 grams fat; 135 mg sodium