

Spicy Barbecue Sauce

1 1/2 tbsp. lowfat margarine
3/4 cup onion, chopped
1 1/2 cups sugar-free catsup
1 cup plus 2 tbsp. vinegar
3/4 cup sugar-free pancake syrup
3/4 cup water
3 beef bouillon cubes
1 1/2 tbsp. Worcestershire sauce
2 1/4 tsp. salt
1/4 tsp. pepper
3 drops Tabasco sauce
1 pkt. Equal® sweetener

Melt margarine in saucepan. Add onion and sauté until lightly browned. Then add remaining ingredients except Equal. Boil slowly 15 minutes, or until sauce is glossy and thick. Remove from heat and stir in Equal. Makes 20 servings.

Nutrition information per serving: calories 21; protein 0 grams; fat 0 grams; sodium 451 mg