

Gluten Free Keto Friendly Enchilada Sauce

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Enchilada sauce is something that is quite easy to make and you can control how spicy it is as well. I have always been going to the store to buy enchilada sauce, but once I found out how to make it, I quit going. The nice thing is that you can also freeze it if you want to make a large batch of it at one time. I have only frozen small amounts of it so far. If you make your own stock, this can be as low sodium as you want it as well, then you don't have to buy gluten free chicken stock if you don't want to, as it can be a bit expensive.

This recipe is not only low carb, but it is gluten free and keto friendly



If you use your own chicken stock, then there is the possibility of little pieces of "floating meat" as there is in mine, which is completely harmless.

Ingredients

- 2 cups of chicken stock
- 1/4 - 1/2 cup of **chili powder**
- 3 tsp of **cumin**
- 1 tsp **oregano**
- 1 tsp **garlic powder**
- 1 tsp **onion powder**
- 1/4 to 1/2 cup of **paprika** (this is used to give a bit of smoky flavor and to help give it a deep red color in place of tomato paste)
- 2 tbsp of butter
- 1 tsp **chipotle chili powder**

1. Place all the ingredients into a medium to large **pot** on medium heat.
2. Stir occasionally until the sauce has reduced to about half, or it gets to the thickness that you want.
3. Feel free to adjust the spices above to your liking or remove spices if it is too

spicy for you.

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 271

% Daily Value *

Total Fat 24 g 36 %

Saturated Fat 14 g 71 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 60 mg 20 %

Sodium 2982 mg 124 %

Potassium 153 mg 4 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 1 g 5 %

Sugars 0 g

Protein 5 g 11 %

Vitamin A 20 %

Vitamin C 1 %

Calcium 8 %

Iron 26 %