

Gluten Free, Keto Friendly, Low Carb, barbeque sauce

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Here is a fairly easy recipe to make for a Gluten Free, Keto Friendly, Low Carb Barbeque sauce. For Keto Friendly and Low Carb you will want to use this sparingly because tomatoes do have sugar in them, so it could kick you out of ketosis or set you back a bit if you use too much.

I would rather make my own sauces if I can, just because I know what goes into them and I have control over how they taste.

If I want something spicy, I can make it that way and it has a definite bite to it even if I leave out the hot sauce.

For the barbeque sauce

Ingredients:

- 1 can of diet cola
- 1 cup of **reduced sugar ketchup** (If you use Heinz, that is also Gluten Free)
- 1 Tbsp **Worcestershire Sauce**
- 1 tsp yellow mustard
- 1 tsp **garlic powder**
- 1 tsp **onion powder**
- 1 tsp **chili powder**

Directions:

1. In a **medium pot** add all the ingredients and stir well to mix.
2. Put on medium to high heat until it starts to boil, then turn down the heat to a simmer.
3. Simmer, while stirring every few minutes until this reduces by half.