

BBQ Sauce

1 tablespoon canola *or* extra virgin olive oil
1 cup onion, minced
2 garlic cloves, minced
2 beef bouillon cubes
1/2 cup **hot** water
3 (6-ounce) cans tomato paste, divided use
1 cup SPLENDA® Granular
3/4 cup Worcestershire sauce
3/4 cup Dijon mustard
3 tablespoons liquid smoke, hickory flavored
1 teaspoon salt
1/2 cup cider vinegar
1 tablespoon Tabasco (*plus* 1 teaspoon for a spicier sauce)

1. Place oil in a large saucepan. Add onions and garlic. Saute over medium heat until translucent (approximately 2 to 3 minutes).
2. Mix the bouillon and water until partially dissolved. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk.
3. Simmer, uncovered, 25 to 30 minutes to allow flavors to meld. Stir frequently. Refrigerate overnight in a non-metallic container. Sauce is best if prepared a day before using. Keeps well, refrigerated, for 1 week.

Makes 4 cups (32-ounces) (*or* 42 (3/4-ounce) servings).

Nutrients Per Serving:

Calories 15

Fat 0