

Basic Barbecue Sauce

Source: Dustin Harder @theveganroadie

About the Recipe

65 Calories · 1 g Protein · 0 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 1 tablespoon (15 mL) olive oil (see notes for oil-free option)
- 1/2 onion, chopped
- 4 cloves garlic, minced
- 2 tablespoons (30 mL) red vinegar
- 2 tablespoons (18 g) coconut sugar or sweetener of choice
- 2 teaspoons (5 g) smoked paprika
- 1/4 teaspoon sea salt
- 1 cup (237 mL) low-sugar low-sodium ketchup

Directions

1. Heat the oil in a skillet over medium heat, add the onion, and saute for 3 minutes until the onion is soft. Add the garlic and red vinegar and saute 1 additional minute until fragrant and the vinegar has cooked off.
2. Add the coconut sugar, paprika, salt, and ketchup and stir to combine. Bring to a bubble and reduce to a simmer for 3 minutes to blend the flavors. Transfer to a blender and blend until smooth and creamy. **OIL-FREE:** Omit the oil and saute the onion in 2 tablespoons water or low-sodium vegetable broth; add more liquid as needed.

Nutrition Facts

Per serving:

Calories: 65

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 25%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 13 g

Sugar: 10 g

Fiber: 0 g

Sodium: 80 mg

Calcium: 11 mg

Iron: 0 mg

Vitamin C: 2 mg

Beta-Carotene: 243 mcg

Vitamin E: 1 mg