



Barbeque Sauce

2 cups ketchup, reduced sugar
1 cup water
1/2 cup apple cider vinegar
2/3 cup Swerve (powdered erythritol)
1/2 tablespoon fresh ground black pepper
1/2 tablespoon onion powder
1/2 tablespoon ground mustard
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes. Makes 12 servings.

Nutrition information per serving: 10 calories, 0 grams protein, 0 grams fat, 2 grams carbohydrate, 99 mg sodium.