

Sugar-Free BBQ Sauce

Servings: 8

Serving Size: 1/4 cup

Calories per Serving: 32.14 kcal

Ingredients:

- 12 oz dark lager beer of your choice
- 1/2 cup sweetener of choice (preferably golden or brown)
- 1/2 cup tomato sauce
- 3/4 cup apple cider vinegar
- 2 tablespoons mustard
- 2 teaspoons prepared horseradish
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon chili powder (cayenne, chipotle, etc.)
- 1 teaspoon smoked paprika
- 1/2 teaspoon xanthan gum

Instructions:

1. Combine Ingredients:

In a heavy pot, combine all ingredients except the xanthan gum. Whisk until fully incorporated.

2. Simmer:

Bring the mixture to a boil, then reduce the heat to low. Simmer for about an hour, ensuring the temperature remains low.

3. Thicken the Sauce:

Gradually sprinkle the xanthan gum over the sauce, whisking constantly until fully dissolved. Continue to whisk until the sauce thickens to your desired consistency.

4. Store:

Remove from heat and let the sauce cool. Transfer to a closed container and store in the refrigerator for up to 2 months.

Nutritional Information (per 1/4 cup):

- **Total Fat:** 0.12 g
 - Saturated Fat: 0.02 g
- **Total Carbohydrates:** 4.46 g
 - Dietary Fiber: 0.61 g
 - Sugars: 0.94 g
- **Protein:** 0.68 g
- **Cholesterol:** 0 mg
- **Sodium:** 261.34 mg
- **Trans Fat:** 0 g

This sugar-free BBQ sauce is a flavorful, low-calorie option for your grilling and cooking needs. Enjoy the rich taste with a hint of smokiness, perfect for pairing with meats or veggies.