

BBQ/Pizza Sauce

1 medium Onion, diced
2 or 3 Garlic Cloves, chopped
2 Tbs Bacon grease (my favorite), or olive oil, or lard
1 can Tomato puree, 10 3/4 oz
Balsamic Vinegar* Use puree can to measure. **
4 Tbs Powdered mustard
2 Tbs Worcestershire sauce
1/8 Tsp Tabasco sauce to taste
Black pepper and Salt to taste
1 Tbs Molasses
2 Tbs Sugar or sugar substitute

Cook the onions in bacon grease until they just start to brown. Add garlic and cook until both are golden brown. Add the other ingredients and cook covered for about 1/2 hour.
This sauce tastes great on almost anything.

This recipe produces about 30 gm carbohydrate per cup.

* You can use a low cost balsamic vinegar.

**You can use apple cider or wine vinegars for 0 gm C, but they will produce a harsher taste. You could also dilute the Balsamic or other vinegars with water to equal the amount of puree - depending on your taste, and/or your need to keep the carbohydrate levels low.



Toll Free phone or Fax: 1-888-953-5553
or visit www.jjconsulting.net
To order: www.NutritionPureandSimple.com