AMERICAN · SAUCE

Sugar-Free BBQ Sauce from Fresh Tomatoes

40 min · Makes 20 × 1 tbsp · 25 kcal a portion · Video 6:16 · HK's Keto & Low Carb Recipes

Pescatarian · Nut-free

Built on fresh tomato, onion and spices with stevia instead of sugar and no ketchup: 1 tbsp has about 24 kcal, 1 g of net carbs and under 1 g of sugar, close to the cook's own macros, so it suits keto.

Diet notes: Keto (1 g net carbs a serve); Gluten-free with a swap: Check the Worcestershire sauce is gluten-free (some are made with malt vinegar).

Scan for the video, full nutrition and more free recipes

Ingredients

15 · MAKES 20 × 1 TBSP

- ☐ 50 g **salted butter**
- ☐ 1 **onion** (about 80 g), chopped
- ☐ 4–5 cloves **garlic** (about 15 g), chopped
- ☐ 1 tsp **salt**, plus a pinch
- ☐ 1 tsp **ground black pepper**
- ☐ 1 tsp **paprika**
- ☐ 1 tsp **cayenne pepper**
- ☐ 1 tsp **ground cumin**
- ☐ 2 **tomatoes** (about 150 g), chopped
- ☐ 1 tsp **balsamic vinegar**
- ☐ 1 tsp **stevia** (or a few drops of liquid stevia)
- ☐ 1 tsp **Worcestershire sauce**
- ☐ 1 tbsp **yellow mustard**
- ☐ 60 ml **apple cider vinegar**
- ☐ 1 tbsp **hot sauce** (or Sriracha)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter in a saucepan over low heat and add the onion and garlic with a pinch of salt. 0:53
2. When the onion starts to soften, stir in the black pepper, paprika, cayenne and cumin. 1:24
3. Add the tomatoes, balsamic vinegar, stevia and Worcestershire sauce. Cover and cook for 5–8 minutes until everything is soft. 1:42
4. Let it cool a little, blend until smooth and return to the pan. 2:49
5. Stir in the mustard, cider vinegar, hot sauce and the rest of the salt. Cook for about 5 more minutes, tasting as you go, until it is as thick as you like. Bottle and keep in the fridge for up to 2 weeks. 3:04

> **Tip** In the video he also stirs in a little tomato purée, a shot of whiskey and 1 tsp dark soy sauce for colour; all optional. No hot sauce? Blend in a fresh red chilli with the tomatoes.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 20 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
25 kcal	0.3 g	1.3 g	0.3 g	2.1 g	160 mg
100 kJ	1% of a day	1 g net · 0.5 g sugars	1% of a day	1.3 g saturated	7% of a day
		0% of a day		3% of a day	

Energy from net carbs 17% · protein 5% · fat 78% — fits keto: 1 g net carbs, 78% of the energy from fat

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=XEV65p4Ld8w, published 19 October 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-bbq-sauce-fresh-tomatoes