

Barbecue Sauce

Totals are for entire recipe: (Approximately 2 ½ cups)

Calories 260 (7 calories per T) Fat 2.5g Fiber 5g Carbs 56g (1.4g per T)

What you'll need:

Butter flavored cooking spray

1 T Chopped garlic

1 tsp Thyme

1 tsp Onion salt

1 tsp Tony Chachere's Creole seasoning

1 tsp Lawry's seasoned salt

1 Can tomato soup

¼ Cup water

1/3 Cup Worcestershire Sauce

1 tsp Lemon juice

1/8 Cup white vinegar

¼ Cup sugar free pancake syrup

Medium size saucepan

Let's get to cooking!

1. Spray bottom of saucepan with butter flavor cooking spray.
2. Toss in garlic and cook on low-med heat until garlic is light brown (don't overcook)
3. Add thyme, onion salt, Tony Chachere's and Lawry's and cook for about one minute.
4. Bring up the heat slightly and add soup, water, Worcestershire, lemon juice, vinegar and syrup and let this get hot but don't boil.
5. Cook on low heat, stirring occasionally, for about 30 minutes or until it thickens to your taste.

There is enough sauce here for an entire cut up chicken with plenty left for dipping.

NOTE:

This is great for chicken strips, ribs, pork chops and even shrimp and if you're a Vegetarian, this makes a great sauce for veggie kabobs. I have used it with pinto beans and made homemade baked beans.

And I'd like to thank my husband, Neil, for this recipe. When we began our weight loss journey he was shocked to find out how many calories are in barbecue sauce (40 Cal per T). Since he LOVES barbecue of any kind he set out to perfect a great sauce that would be as close to his homemade *full of fat and sugar kind* as possible. This was totally his baby and he came up with a real winner.

The incredible Neil Stallings created this
Kitty's Lighter Weigh recipe!