

Recipe - Low Carb BBQ Sauce

Ingredients:

- 1 cup unsweetened catsup (Westbrae has one gram carb per TBS)
- 2 T rice vinegar
- 2 T olive oil
- 2 T tamari
- 1 T Dijon mustard
- 3 cloves garlic, crushed
- 12 drops stevia

Directions:

Combine and use on chicken or ribs.