

Whiskey Barbecue Sauce

A tangy sauce with a hit of whiskey. Ribs were made for this sauce.

Makes: 2 cups | Serving Size: 1 tablespoon

1 tablespoon avocado oil	1/2 cup whiskey
2 cloves garlic, minced	2 tablespoons brown Swerve
1/2 medium onion, chopped	1 1/2 teaspoons hot sauce
1 cup sugar-free ketchup	3/4 teaspoon sea salt
1 tablespoon tomato paste	1/2 teaspoon black pepper
2 teaspoons Worcestershire sauce	

1. Heat the avocado oil in a saucepan over medium heat.
2. Once the oil is hot, add the onion and sauté for 2 minutes, until soft and translucent.
3. Add the garlic and quickly sauté for 30 seconds, until fragrant.
4. Add the remaining ingredients and mix.
5. Bring the sauce just to a boil.
6. Turn down the heat and simmer for 15 to 20 minutes.
7. Blend with a stick blender to break down the onion and garlic until smooth.
8. Transfer to a glass jar and store in the fridge for up to 2 weeks.

**NUTRITION PER SERVING: Calories: 17 | Net Carbohydrates: 0.9g |
Fat: 0.4g | Protein: 0.1g | Carbohydrates: 1.0g | Fiber: 0.1g**