

- Prep Time: 5 minutes
- Cook Time: 20-25 minutes
- Total Time: 25-30 minutes
- Yield: Approximately 1.5 cups (24 tablespoons)
- Intensity Level: Easy / Beginner
- Dietary: Sugar-Free, Keto-Friendly, Low-Carb, Gluten-Free (if using gluten-free Worcestershire)

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Ingredients

- 1 can (6 oz) tomato paste

- ¼ cup apple cider vinegar (for that necessary tang)
- ¼ cup water (adjust for desired thickness)
- 2 tablespoons Worcestershire sauce (check label for no added sugar)
- 1.5 tablespoons monk fruit sweetener or erythritol (adjust to taste)
- 1 teaspoon smoked paprika (the key to smoky depth)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional, for heat)
- A few drops of liquid smoke (optional but highly recommended for that “off-the-grill” flavor)

Instructions

Step 1: Combine Ingredients

In a small or medium saucepan, add the tomato paste, apple cider vinegar, water, Worcestershire sauce, and your granulated sweetener. Whisk everything together until smooth. The mixture will be thick at this stage; that is normal.

Step 2: Add the Spices

Add the smoked paprika, garlic powder, onion powder, salt, black pepper, and cayenne (if using). Whisk again to ensure the spices are evenly distributed and there are no lumps. If you are using liquid smoke, add just a few drops now—a little goes a very long way .

Step 3: Simmer (The Intensity Phase)

Place the saucepan over medium heat and bring the mixture to a gentle boil. Once it starts bubbling, immediately reduce the heat to low. Let it simmer uncovered for 20 to 25 minutes. You want a gentle simmer, not a rolling boil. Stir occasionally (every 5 minutes or so) to prevent sticking or burning on the bottom. The sauce is ready when it has darkened slightly and thickened to a consistency that coats the back of a spoon .

Step 4: Taste and Adjust

Remove from heat. This is the most important step. Taste the sauce. If it needs more sweetness, add a pinch more sweetener. If it needs more tang, add a splash of vinegar. If it needs more smoke, add a tiny drop of liquid smoke. If it is too thick, whisk in water one tablespoon at a time .

Step 5: Cool and Store

Let the sauce cool completely before transferring it to a glass jar or airtight container. It will thicken further as it cools. Store in the refrigerator for up to two weeks .

Usage and Storage Tips

This sauce is incredibly versatile. Use it as a marinade for chicken or ribs, brush it on during the last few minutes of grilling, or use it as a dipping sauce for fries and nuggets. Because it

contains no preservatives, keep it refrigerated. For longer storage, you can freeze it in ice cube trays and pop out a cube whenever you need a single serving .

Nutrition Information (Per Serving)

Based on 1 tablespoon serving size (recipe makes approximately 24 tablespoons).

- Calories: 8 kcal
- Total Fat: 0 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: ~130 mg
- Total Carbohydrates: 1 g
- Dietary Fiber: 0 g
- Total Sugars: 0 g
- Protein: 0 g