

# Sensational Low Carb Sauces

*Sensational Sauces low carb style recipes to choose from for anything - literally - from soup to nuts.*

## **Cranberry Sauce**

4-1/2 cups fresh cranberries  
1-1/2 cups water  
2 strips orange peel  
2 strips lime peel  
1 cinnamon stick  
6 whole cloves  
1-1/2 cups Splenda  
2 tablespoons bourbon

Bring cranberries, water, orange lime peel, cinnamon and cloves to a boil. Boil until the skin of the berries pop open (about 5 minutes.) Remove from heat. Add the Splenda, and mix to thoroughly combined. Cool in refrigerator before serving.

## **Nutrition Information**

Recipe makes 4 cups  
Carbohydrates: 1



## Simple Tomato Sauce

2 tablespoons extra-virgin olive oil

1/4 cup finely diced onion

1 28-oz. can Italian plum tomatoes, well drained and finely chopped

Sea salt and freshly ground black pepper

In a heavy pot, heat the olive oil over medium heat. Add the onion and saute until translucent. Add the tomatoes and cook at a lively simmer until the sauce has reduced and the oil starts to bubble. Makes 1-1/2 cup sauce.



## Scampi Sauce

4 tablespoons butter

4 tablespoons oil

3 garlic cloves

Lemon juice

Melt butter, add oil and saute garlic. Add splash of lemon juice. Total: 3 carbs. Serves 2 at 1.5 carbs each.



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## Roasted Red Pepper Sauce

7 oz jar roasted red peppers  
1 clove garlic  
1/2 small onion, chopped  
1 tablespoon olive oil  
1 tablespoon balsamic vinegar  
Parsley, Old Bay seasoning, basil  
1 tablespoon heavy cream  
1 teaspoon butter  
1/2 cup zucchini

Process red peppers with juice and garlic in food processor. In oil, saute onions and zucchini. Add spices. Add vinegar and cook 1 minute until liquid is absorbed. Add pepper puree and stir. Add 1 teaspoon butter and stir until melted. Add heavy cream and stir. Can serve over pork, fish or chicken.

Total: 21 carbs, (14 NET carbs). Serves 2 at 7 NET carbs.

## Lemon Dijon Cream Sauce

2 teaspoons butter  
1 tablespoons lemon juice  
1 tablespoons Dijon  
1/2 cup heavy cream (may need more)

Melt butter. Add lemon juice and Dijon and mix. Stir in heavy cream, 1/4 cup at a time, until right consistency.

Total: 6 carbs. Serves 2 at 3 carbs each.

## Creamy Cheese Sauce

1/4 cup heavy cream  
4 oz grated Cheddar  
2 oz. cream cheese  
1/4 teaspoon paprika  
Dash Worcestershire sauce

In small pan, melt heavy cream, Cheddar and cream cheese. Add paprika and Worcestershire. Stir until melted. Total: (1 cup) 6 carbs.

## Sweet Barbecue Sauce

1 cup tomato sauce  
3 tablespoons Worcestershire sauce  
1 tablespoon vinegar  
1 teaspoon liquid smoke  
3 packets Splenda

Combine all ingredients and cook over low heat for 10 minutes. Total: 23 carbs (20 NET carbs). Makes 16 tablespoons (1 cup) at 1.2 carbs each.

## Ham Sauce

1 tablespoon butter  
1 tablespoon soy flour  
1/4 cup light cream  
1/4 cup water  
1 teaspoon Dijon mustard  
4 oz ham, chopped

Melt butter, stir in flour. Add cream, water and mustard, stirring until thickened. Add ham. Serve over crepes.