



# STEAK SAUCE

By Dr. Cindy Tazar  
(Standard/Vegan/Vegetarian/Maintenance Plans)

There have been several requests for steak sauce lately. We have tried several recipes over the years, but they just haven't been that great. Traditional sauces are either high in carbohydrates or contain ingredients that are not Genesis friendly, such as A1, which contains corn syrup, raisin paste and preservatives. While A1 is more tomato-based, this recipe is vinegar-based. It gives a great zing of flavor to any meat. The Worcestershire Sauce in this recipe has a very small amount of sugar, but is quite small when included in the recipe, so it won't be a problem. You can always cut the recipe in half if you don't use it often.

This steak sauce is a condiment, so it does not have a serving size. Enjoy!



## INGREDIENTS

2 Tbsp lemon juice  
1/2 cup Bragg's apple cider vinegar  
2 Tbsp Worcestershire Sauce  
1/2 cup mustard



1 Tbsp Frank's hot sauce  
1/2 cup water  
1 tsp onion powder  
1 tsp pepper  
2 tsp salt  
2 tsp paprika  
1/2 tsp xanthan gum  
3 Tbsp Swerve granular

## INSTRUCTIONS

Mix all ingredients into a large jar (spaghetti sauce size) with a lid and shake until well-blended and Swerve is dissolved. You can also use a whisk or immersion blender and mix it in a bowl.

Can keep up to a month in the refrigerator.