



Low Carb Sauces & Condiments 2

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

LINDA'S TACO SEASONING

1 teaspoon chili powder
3/4 teaspoon paprika
1 teaspoon cumin
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon ground coriander
1/8 teaspoon cayenne
1/2 teaspoon salt
1/4 teaspoon xanthan gum



Combine everything and use to season 1 pound ground beef, adding about 1/2 cup of water. Simmer 5-10 minutes.

Makes about 5 teaspoons

LINDA'S TACO SEASONING - BIG BATCH

4 tablespoons chili powder
3 tablespoons paprika
4 tablespoons cumin
2 tablespoons onion powder
2 tablespoons garlic powder
3 teaspoons ground coriander
1 1/2 teaspoons cayenne
2 tablespoons salt
3 teaspoons xanthan gum

This makes enough for about 12 pounds of ground beef. It will fill a container about the size of one of those cans of parmesan cheese with the green label about 3/4 full.

LOW CARB MAPLE SYRUP

1/4 teaspoon oil

1/4 teaspoon xanthan gum

1 tablespoon butter

1/2 cup water

Sweetener equal to 1/4 cup sugar

1/4 teaspoon vanilla

1/4 teaspoon plus 1/8 teaspoon maple flavoring

Mix the oil and xanthan gum in a 2-cup glass measuring cup. Add the butter; microwave on HIGH about 40 seconds to melt the butter. Whisk in the remaining ingredients. Microwave on HIGH about 30 seconds. Whisk well, then let stand a few minutes to allow the syrup to thicken. You can serve this warm or let it cool to room temperature first. I recommend storing it in the refrigerator.

Makes about 1/2 cup



MARINARA SAUCE

8 ounce can tomato sauce
1/2 cup water
2 tablespoons tomato paste
Sweetener equal to 1-2 teaspoons sugar
1/4 teaspoon garlic powder
1/2 teaspoon Italian seasoning, or to taste
Pinch dried basil

Bring all of the ingredients to a boil in a small saucepan. Partially cover the pot and simmer over low heat for 1 hour.

Makes about 1 cup



MEXICAN HOT SAUCE

- 1 jalapeño pepper, seeded and coarsely chopped
- 1/2 pound tomatoes, coarsely chopped (about 4 roma tomatoes)
- 1 tablespoon onion, finely chopped
- 1 teaspoon white vinegar
- 1/4 teaspoon salt, or to taste
- 1 tablespoon cilantro (optional)

Put everything in a blender or food processor; process until still somewhat chunky.

Makes about 1 1/4 cups



MUSHROOM SAUCE

1/4 cup butter
1/2 pound mushrooms, sliced
1 teaspoon soy sauce
3/4 cup heavy cream
1 tablespoon Dijon mustard
Dash paprika
1 tablespoon fresh parsley, chopped
Salt and pepper, to taste

Melt the butter in a large skillet. Add the mushrooms and sauté until tender. Stir in the soy sauce, cream and mustard. Bring to a slow boil on medium heat; cook until the sauce has thickened, stirring frequently. Add the paprika and parsley. Season to taste.

Makes 3 servings

NOTE: Reheating is not recommended. The sauce separates and becomes oily.



MY FAVORITE BBQ SAUCE

6 ounce can tomato paste
1 1/2 cups water
1/4 cup white vinegar
1 tablespoon Worcestershire sauce
Sweetener equal to 1/2 cup sugar
2 teaspoons blackstrap molasses
2 tablespoons liquid smoke
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon dry mustard
1 teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon celery seed
1/2 teaspoon xanthan gum, optional but recommended



If you're going to use the xanthan gum, combine it in a small bowl with all of the dry spices. Whisk everything together in a medium pot. Cover and simmer for 1 hour, whisking occasionally to keep it from sticking to the bottom of the pot.

Cool, then pour into a pint canning jar and store in the refrigerator. It will keep for several weeks or more.

Makes 2 cups

NO-SALT SEASONING

- 4 tablespoons paprika
- 4 tablespoons garlic powder
- 2 tablespoons onion powder
- 1 tablespoon pepper
- 1 tablespoons ground celery seed

Mix everything and store in an airtight container.

Makes 12 tablespoons



RED ENCHILADA SAUCE

1 tablespoon oil
1/2 small onion, chopped fine
3 cloves garlic
3 tablespoons chili powder
2 teaspoons ground coriander
2 teaspoons cumin
1/4 teaspoon salt
2 8-ounce cans tomato sauce
Sweetener equal to 4 teaspoons sugar (optional)
1/2 cup water

In a medium pot, cook the onion in the oil until soft and slightly browned, about 10 minutes over medium-low heat. Add the garlic and spices. Cook and stir until fragrant, about 30 seconds. Add the tomato sauce, sweetener and water; bring to a simmer. Simmer covered for 1 hour, stirring occasionally.

Makes about 2 1/4 cups



RUSSIAN DRESSING

Sweetener equal to 6 tablespoons sugar
1/4 cup plus 2 teaspoons white vinegar
1/2 cup oil
1/2 cup low carb ketchup
1 1/2 teaspoons celery salt
1/2 teaspoon paprika
Pinch celery seed

Put all of the ingredients in a jar or bowl and blend well with an immersion blender. Keep refrigerated. Stir well before using.

Makes about 20 tablespoons

TRIPLE RECIPE

Sweetener equal to 1/2 cup plus 1 tablespoon sugar
1/4 cup plus 3 tablespoons white vinegar
3/4 cup oil
3/4 cup low carb ketchup
2 teaspoons plus 1/4 teaspoon celery salt
3/4 teaspoon paprika
1/8 - 1/4 teaspoon celery seed

Makes one pint



SPICY SEASONING SALT

- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon pepper
- 3/4 teaspoon onion powder
- 3/4 teaspoon cayenne
- 3/4 teaspoon celery salt

Mix well and store in an airtight container.

Makes 7 1/2 teaspoons

LARGE BATCH

- 2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne
- 1 tablespoon celery salt

This makes enough to fill a 1/2 pint canning jar.



TARTAR SAUCE

1/4 cup mayonnaise
2 tablespoons dill pickle relish
1/8 teaspoon celery seed
Dash pepper
1/8 teaspoon dill

Mix all of the ingredients in a small bowl. Spoon about 1 tablespoon sauce over each Tuna Muffin.

Makes about 6 tablespoons



WHIPPED TOPPING

1 cup heavy cream
1 tablespoon sugar free instant vanilla pudding mix (dry)
Sweetener equal to 1 tablespoon to 1/4 cup sugar, optional

Place all of the ingredients in a deep mixing bowl. Beat on low speed with an electric mixer until combined. Beat on high speed until thick and fluffy.

You can store the whipped topping in a plastic container in the freezer. Thaw in the refrigerator overnight or at least 8 hours before using.

TIP: To get the fancy look you see in the picture, I put my whipped topping in a quart size zipper bag with a cake decorating tip and coupler inserted into one corner of the bag.

Makes 1 1/2-2 cups or about 8 servings

LIGHTER WHIPPED TOPPING

1 cup heavy cream
2 teaspoons sugar free instant vanilla pudding mix (dry)
Sweetener equal to 1 tablespoon to 1/4 cup sugar, optional

Prepare the same as directed above. The original Whipped Topping is very thick and would be great as a frosting on a cake or to spread on scones or muffins, but it's a little stiff to serve like whipped cream. I found that using a teaspoon less pudding mix produces a topping that's more like whipped cream or Cool Whip in thickness. The flavor won't be as strong, but it will taste more like regular whipped cream but will be thick and stable. As a bonus, you'll shave off a couple carbs.

