

## **Pomegranate Sauce**

Family Circle Magazine - July 2011

**1 bottle (16 oz) 100% pomegranate juice**  
**2/3 cup ketchup**  
**1 tablespoon molasses**  
**1 tablespoon soy sauce**  
**2 scallions, white and green parts chopped**  
**2 cloves garlic, minced**

In a medium saucepan, bring the pomegranate juice to a boil over high heat. Boil until thickened and reduced to 1/3 cup, about 15 minutes.

Stir in the ketchup, molasses, soy sauce, scallions and garlic.

Bring to a simmer.

Cook, stirring often until slightly thickened, about 5 minutes.

---

Per Serving (excluding unknown items): 247 Calories; 1g Fat (2.0% calories from fat); 4g Protein; 63g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2921mg Sodium. Exchanges: 1 Vegetable; 4 Other Carbohydrates.