

## Sauces

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# Blueberry Ketchup

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*Amazing with grilled meat!!!*

**2 cups blueberries**  
**1 clove garlic, minced**  
**1 small shallot, minced**  
**3 tablespoons brown sugar**  
**1/4 cup balsamic vinegar**  
**1/4 teaspoon ground coriander**  
**1/8 teaspoon ground ginger**  
**salt and pepper to taste**

In a saucepan, stir together the blueberries, garlic, shallot, sugar, vinegar, coriander and ginger.

Bring to a boil.

Simmer, uncovered, for 25 to 30 minutes.

Season with salt and pepper.

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Per Serving (excluding unknown items): 288 Calories; 1g Fat (3.4% calories from fat); 2g Protein; 74g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 3 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.