



## Blueberry BBQ Sauce

2 Tbsp. vegetable oil  
1/2 onion, rough chopped  
1 cup blueberries  
1 Tbsp. paprika  
2 Tbsp. onion powder  
1/2 cup balsamic vinegar  
1 cup light brown sugar  
2 tsp. kosher salt  
6 sprigs fresh thyme (leaves removed)  
2 Tbsp. dijon mustard  
1 tsp. ground black pepper  
2 Tbsp. ketchup  
1/2 cup orange juice

In a medium saucepan, sweat the onions in oil for 3-5 min until translucent (don't let caramelize or brown) over medium-high heat. Add blueberries, thyme and spices to the mixture and cook until fragrant, about 1 minute. Next, add the balsamic to deglaze the pot, scraping up any browned bits stuck to the bottom. After it returns to a boil, add the remaining ingredients and bring to boil. Cook until the blueberries start to burst, about 5 more minutes. Blend with an immersion or traditional blender until the mixture is smooth-ish. Set aside.

*Recipe by Steve Couch, Executive Chef for Mr. Eat Right. Personal Chef Services, Head of Sales and Marketing, BIM Designs, Inc.*