

Blueberry-Chipotle Steak Sauce

Servings: 16

Yield: 2 cups

2 tablespoons olive oil

½ large sweet onion, very finely chopped

½ teaspoon kosher salt

2 cloves garlic, minced

2 cups dry red wine

1 pint fresh blueberries

2 sprigs fresh rosemary

1 tablespoon chipotle pepper, seeded and minced plus sauce

2 tablespoons raw honey (optional)

kosher salt and freshly ground black pepper to taste



Heat a large skillet over medium heat. Add the olive oil, onion, ½ teaspoon kosher salt and sauté until the onion is golden. Add the garlic and cook just until garlic begins to become fragrant, about 1 minute more. Carefully pour in the wine, stirring well; add the chipotle, blueberries and rosemary.

Continue to cook until the liquid has reduced by about half and the blueberries are very soft. Remove from heat; remove and discard the rosemary. Place a fine mesh sieve over a large bowl and carefully pour the mixture into the sieve, pressing down with a large spoon to extract all of the sauce; discard the solids.

Return the sauce to the pan over low heat. Taste; season with additional salt and pepper and honey, if desired. Cook until slightly thickened, 3 to 5 minutes.

Serve drizzled over the steak of your choice.

Nutrition Facts

Nutrition (per serving): 67 calories, 1.8g total fat, 0mg cholesterol, 114.8mg sodium, 82mg potassium, 7.8g carbohydrates, <1g fiber, 5.5g sugar, <1g protein.