



Christine Tizzard's Wild Blueberry Pulled Turkey Taco and Wild Blueberry BBQ sauce

Ingredients:

- 3 tbsp olive oil
- 1 red onion, thinly sliced
- 2-3 cloves garlic, minced
- 2 bell peppers, thinly sliced
- 4 tbsp Mexican spice mix
- 1 cup (250 ml) chicken broth
- 1 cup (250 ml) frozen wild blueberries or 1/2 cup (125 ml) Ginger and Wild Blueberry BBQ Sauce (see recipe below)
- Pulled meat from 1 roast turkey
- Salt and pepper to taste



Method:

1. In large pot over medium heat sauté onions and garlic in oil until softened.
2. Stir in peppers and Mexican spice mix and sauté until peppers soften.
3. Add in broth and wild blueberries or Wild Blueberry BBQ Sauce and bring to simmer.
4. Stir in pulled turkey and bring to simmer, stirring until chicken is heated through, adding more broth as necessary.
5. Taste, season with salt and pepper.
6. Serve in taco shells of choice with any additional toppings.

For Wild Blueberry BBQ Sauce

Ingredients:

- 1¼ cups (200 ml) frozen wild blueberries thawed
- ¼ cup (50 ml) ketchup
- ¼ cup (50 ml) honey
- ¼ cup (50 ml) packed brown sugar
- ¼ cup (50 ml) minced ginger
- 2 cloves garlic
- ½ medium onion, coarsely chopped
- 1 teaspoon pepper
- Salt to taste

Directions:

Combine all the ingredients in a food processor and pulse until the sauce is fairly smooth. Pour the sauce into a medium-sized sauce pan, bring to a boil and then reduce heat and simmer until the mixture reduces by a third, from roughly 2 cups to 1-1/3 cups (about 10 minutes). Let the sauce cool slightly.

About the Wild Blueberry Association of North America

The Wild Blueberry Association of North America (WBANA) is an international trade association of growers and processors of wild blueberries from Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Maine, dedicated to bringing the wild blueberry health story and unique wild advantages to consumers and the trade worldwide. For news, recipes, and related health information about wild blueberries visit www.wildblueberryassociation.ca or www.wildblueberries.com. For the latest updates, read our [blog](#). Visit us on [Facebook](#), [Twitter](#), or [Instagram](#).

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