

Ingredients for Brussels Sprouts, Bacon & Garlic:

1 1/2 cups brussels sprouts, halved (about 6 oz.)
2 cups crimini mushrooms, halved (about 6 oz.)
1 piece cooked bacon
1 clove garlic, minced
1 tsp butter
1 tsp soy sauce
black pepper to taste



NOTES: Makes about 3 cups. Serves 2-4. Serve as a side to steak and potatoes or toss with tomatoes, pasta and parmesan. Be sure to have all ingredients prepped and ready, brussels sprouts cook quickly. Do not overcook the brussels sprouts; that is how they can get the bitter aftertaste that repels so many!

Directions:

- 1) Wash brussels sprouts thoroughly and remove any damaged or discolored outer leaves. Slice larger brussels sprouts in half, leave smaller ones intact. Clean mushrooms and slice larger ones in half.
- 2) In a pan over medium heat, cook bacon. Remove bacon, reserve grease if desired and wipe pan. In the same pan over medium heat, sear brussels sprouts, cut side down in 1 teaspoon reserved, skimmed bacon grease or 1 teaspoon olive oil.
- 3) When brussels sprouts are slightly browned (about 3 minutes) stir and add mushrooms. Continue cooking and stirring over medium heat for 1-2 minutes. Add soy sauce. Cover and cook for 2-3 minutes more.
- 4) Remove lid and add garlic and butter. Crumble in bacon pieces. Brussels sprouts should be soft, yet slightly crunchy towards the center.
- 5) Share (if you can!) & enjoy.