

Starters, Sides, and Complements

Brussels Sprouts Braised in Chicken Stock

* *Gluten-Free*

This is a simple way to make these little power houses of health. Try them crunchy or soft and this will determine the amount of time you cook them in the broth. Also use veggie broth to make it a vegetarian dish.

You'll Need

- 1 pound Brussels sprouts, cut up into halves along stem
- Olive Oil
- Chicken stock
- Salt and pepper
- 1 tablespoon butter

Directions

- In a frying pan on low-medium heat, add a drizzle of olive oil and butter. Let butter slightly melt then add Brussels sprouts.
- Make sure that the Brussels sprouts all lay flat.
- Brown Brussels on bottom, add salt and pepper.
- Once browned, add just enough chicken stock to coat the bottom of the pan. Cover pan. Set heat to low and let cook.



Play with Your Food

- Add some cooked onion.
- Add some chopped dried cranberries.
- Use vegetable broth instead of chicken broth.

Medwell Kitchen Tested