



ITALIAN BRUSSELS SPROUTS

INGREDIENTS

14 oz. Plant-Based Italian Ground, crumbled
1 lb. Brussels sprouts, cut in halves
2 T avocado oil
¼ cup quality balsamic vinegar
1 T honey
1 T brown mustard
3 cloves garlic, minced

TIME: 30 mins (Prep Time 10 mins / Cook Time 20 mins) **SERVES:** 4 **TYPE:** Vegan

INSTRUCTIONS

- 1 Add 1 T of avocado oil to large skillet over medium heat, brown the Italian ground for about 4 minutes, then crumble into small pieces. Set aside.
- 2 Using same skillet, add remaining 1 T of oil and heat on medium for 1 minute.
- 3 Add spouts, cut side down. Cook without turning for 4 minutes.
- 4 Add ¼ cup water, turn heat down just a bit and cover. Steam for 3 minutes.
- 5 Remove spouts from skillet and set aside.
- 6 Add remaining ingredients to skillet: vinegar, honey, mustard, and garlic. Mix well and bring to small simmer, cook for about 7-8 minutes, stirring frequently.
- 7 Return spouts and Italian ground mixture to pan. Mix well and serve immediately.

QUICK TIP



Add a side salad for a delicious date night dinner at home

Before
the butcher™