



mushrooms.canada

Mushroom Lovers CLUB

SAUTEED BRUSSELS SPROUTS WITH MUSHROOMS AND BACON

by The Brunette Baker

A Brussels sprout dish everyone actually enjoys! With the addition of mushrooms, bacon, and maple syrup to sweeten the deal, it became a winning combination. So if you have those picky eaters, I implore you try this delicious dish.



Prep Time: 20 mins. | Cook Time: 10 mins.

INGREDIENTS

1 pound Brussels sprouts, trimmed and cut lengthwise (about 5 cups)
1½ cup white button mushrooms, cleaned and sliced
6-8 slices bacon, cooked, drained, and chopped*
1 small onion, finely chopped
1 clove garlic, minced
2-3 tablespoons pure maple syrup
Fresh cracked black pepper, to taste

*For a vegetarian option, omit bacon and replace bacon fat with olive oil to sweat vegetables.

METHOD

In a large frying pan, cook bacon until crispy. Remove from pan and place on paper towels to drain off excess fat. Reserve bacon fat.

Sweat sliced mushrooms in reserved bacon fat. Once mushrooms are tender, remove those from pan and set aside. Add chopped onion into the bacon fat and cook until transparent. Add in garlic.

Toss in shredded Brussels sprouts and cook for about five to seven minutes until tender.

Once tender, add mushrooms and chopped bacon back into the pan. Pour in maple syrup and mix together to ensure all ingredients are incorporated. Top with fresh cracked black pepper.

Serve while dish is still hot.

This dish is delicious with baked chicken legs, meatloaf, or even a fried egg.

Blogger
RECIPE

Visit mushrooms.ca
for more blogger recipes