

Braised Brussels Sprouts

Ingredients

4 Bacon Slices (diced)
1/2 c Onion (thinly sliced)
1/4 c Apple Juice
2 T Whole Grain Mustard
1 Apple (cored and diced)
4 T Butter (diced)
2 T Cider Vinegar
0 ds Salt
0 ds Ground Black Pepper
2 lb Brussels Sprouts (trimmed and quartered)

Instructions

1. Cook bacon in a large saute pan over medium heat until crisp, 7-10 minutes. Transfer bacon to a paper-towel-lined plate, then increase heat to high.
2. Add Brussels sprouts and onion to drippings and cook until sprouts begin to brown, about 5 minutes; season with salt.
3. Deglaze pan with apple juice, scraping up any browned bits on bottom. Add mustard, cover, reduce heat to medium-low, and cook sprouts until nearly fork-tender, 6 minutes. Add diced apple, cover, and cook until tender, 3 minutes.
4. Stir in butter, vinegar, and bacon, then season with salt and pepper.