



HOW TO BRAISE BRUSSELS SPROUTS



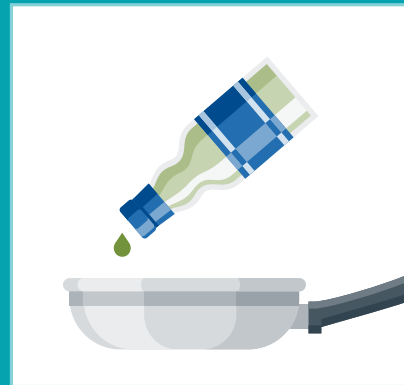
Serves: 4



Prep Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1 lb trimmed & halved Ocean Mist Farms Brussels sprouts
- 1 1/2 cups chicken broth
- 1 Tbsp. chopped Ocean Mist Farms flat leaf parsley
- Salt & pepper, to taste



HEAT

Olive oil over medium-high heat.



ADD

Garlic and cook 1 minute.



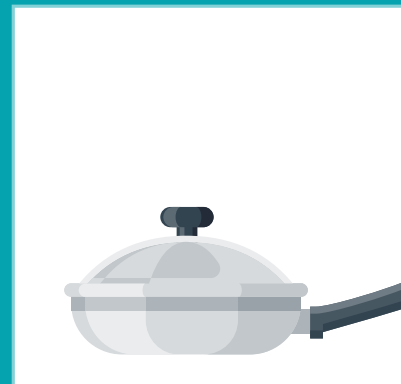
SAUTÉ

Brussels sprouts and cook for 2-3 minutes.



STIR

In chicken broth and cover.



COOK

Over medium-low heat for another 18-20 minutes.



SEASON

With salt and pepper before serving.



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