

Braised Brussel Sprouts with Sun-Dried Tomatoes, Artichokes & Olives

- 1 1/2 pounds Brussels sprouts trimmed and halved
- 1/2 small onions, sliced thin
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 cup vegetable broth, low sodium
- 1 cup pitted olives, drained (any variety)
- 1/2 cup artichokes, drained
- 1/2 cup sun-dried tomatoes, drained, NO sugar added
- 1/4 cup fresh chopped parsley
- 1/4-1/2 teaspoon crushed red pepper
- Himalayan sea salt and pepper



1. Place a large sauté pan (or XL cast iron skillet) over medium heat. Add the oil. Once hot, add the Brussels sprouts. Sear the Brussels sprouts for 3-4 minutes, stirring to brown on all sides. Then add in the onions and garlic. Stir and sear another 3-4 minutes.

2. Pour the broth over the Brussels sprouts and stir in the crushed red pepper. Stir and braise for 5 minutes until the broth simmers down and the Brussels soften.

3. Add the olives, artichokes, and sun-dried tomatoes. Mix well, and cook another 2-3 minutes to warm through. Then mix in the chopped parsley. Taste, then salt and pepper as needed.

Serving Size = 1-1.5 cups of vegetables and 3-4 olives

