



Balsamic Brussels Sprouts

Savannah · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

My mom gave me a taste of this recipe and after never having previously liked Brussels sprouts I was hooked and begged her for the recipe

Ingredients

- - 1 ½ pounds Brussels sprouts
- trimmed - 2 tablespoons olive oil - 1 onion
- thinly sliced - 2 cloves garlic
- minced - ¼ cup balsamic vinegar - 2 tablespoons butter - 1 teaspoon salt - ½ teaspoon ground black pepper - ½ teaspoon garlic powder

Instructions

1. Bring a large pot of lightly salted water to a boil. Add Brussels sprouts and cook until slightly tender
2. about 2 minutes. Drain and immediately immerse in ice water for several minutes to stop the cooking process. Drain. Heat olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until onion is just tender
3. 5 to 10 minutes. Add Brussels sprouts; cook and stir until sprouts are tender
4. 8 to 10 minutes. Mix balsamic vinegar
5. butter
6. salt
7. black pepper
8. and garlic powder into Brussels sprouts mixture; toss to coat.