



Delicious Creamy Cheesy Brussels Sprouts

Savannah · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

8

Description

This is the ONLY way I can get my husband and kids to eat Brussels sprouts and everybody that tries this dish LOVES it Mouthwatering creamy cheesy sauce slathered over Brussels sprouts so soft your teeth slide through them You may need to double this recipe to have enough I always make the sauce while sprouts are cooking to save time and have it all ready at about the same time

Ingredients

- - 1 pound Brussels sprouts
- trimmed and scored - 2 tablespoons butter - 2 tablespoons all-purpose flour - ? teaspoon salt - ? teaspoon freshly ground black pepper - 1 cup milk - 2 ½ cups processed cheese (such as Velveeta®)
- diced

Instructions

1. Bring a saucepan of water to a boil; reduce heat to medium-low and cook the sprouts for 10 minutes. Drain
2. rinse in cold water
3. and set aside. Melt the butter in a saucepan over medium heat and stir in the flour
4. salt
5. and pepper. Cook the mixture until it turns a slight tan color
6. about 1 minute; whisk in the milk. Bring to a simmer
7. whisking constantly
8. and cook until thickened
9. about 2 minutes. Stir in the processed cheese until the cheese has melted and the sauce is thick and smooth. Transfer the Brussels sprouts into the sauce
10. stirring to coat.