

Charlie39s Sweet Island Brussels Sprouts

Savannah · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

A sweet yet mildly spicy Caribbean rendition of an old vegetable staple makes what sometimes is a bittertasting veggie liked by few into an exciting side dish After snowblowing a traditional Michigan winter evening Charlie yearned for the island taste He blended this up and it was requested again three nights in a row

Ingredients

- - ¼ cup butter - 2 tablespoons olive oil - 2 pounds Brussels sprouts
- trimmed and halved lengthwise - 2 teaspoons garlic powder - 1 tablespoon jerk seasoning - 1 tablespoon curry powder - 1 tablespoon brown sugar

Instructions

1. Melt butter with olive oil in a large skillet over medium heat. Stir in Brussels sprouts
2. garlic powder
3. jerk seasoning
4. curry powder
5. and brown sugar. Cook and stir the Brussels sprouts
6. tossing them in the butter and seasonings
7. until tender
8. 5 to 10 minutes.