

HEALTH EATING



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Super Simple Brussel Sprouts with Bacon Done in a Smoker (BBQ with a smoker tray/tube or charcoal BBQ) Submitted by: Franco Magliaro, Leddy Library



Ingredients:

- 20+ Brussels sprouts, fresh or frozen (thaw before cutting/cooking)
- 10 bacon strips
- Olive oil to coat the bottom of the cast iron pan
- Salt to taste (optional depending on the bacon)
- 1 cup of beer (dealcoholized or any other)

Equipment:

- Preferred: cast iron pan or Dutch oven (no lid) but any metal pan that can go onto the BBQ/smoker will work
- Smoker of some type or a BBQ with a smoker tray/tube or charcoal BBQ

Instructions:

- 1) Pre-warm smoker to about 300F
- 2) Wash Brussels sprouts
- 3) Cut Brussels sprouts in half to reduce cooking time but to also allow smoke to get into the vegetable
- 4) Cut bacon into 1-inch cubes
- 5) Coat bottom of the pan with olive oil
- 6) Place Brussels sprouts in the pan
- 7) Put the cup of beer in the pan
- 8) Optional: sprinkle a touch of salt (bacon will usually have more than enough salt)
- 9) Place a layer of bacon over the top of the Brussels sprouts

- 10) Place the pan into the smoker and let cook for about 20 or more minutes. They are done when a fork can easily go through the Brussels sprouts
- 11) Remove from the smoker and stir a bit to coat the Brussels sprouts in bacon juice
- 12) Let sit for 2-3 minutes then serve

NOTE: You can do the same with green beans or similar vegetable. This recipe is possible with root vegetables (carrots, potatoes, squash, etc.) but smoking them takes a really long time.

Enjoy!