

# Brussel Sprouts Extraordinaire

I loved brussel sprouts when I was five years old because I thought they were mini lettuces and I loved mini things because of the mini items in my dollhouse. I lost interest in them at around ten years of age. But now I love them again because I make them with my new favourite spice: smoked paprika. Now, these brussel sprouts are a consumed weekly in our household, usually with roasted chicken. Yum!



Serves 3 to 4

## **Ingredients:**

1 tbsp coconut oil  
1 onion, chopped  
2 garlic cloves, minced  
16 oz of brussel sprouts (about 20), cut in half  
2 tsp smoked paprika  
1 tsp cumin  
Chicken stock or water as needed, about 1/2 cup  
Salt and pepper to taste

## **Directions:**

Heat oil in a large frying pan on medium heat. Add onion and garlic and sauté until onions are soft. Add brussel sprouts, smoked paprika and cumin. Add chicken stock or water to prevent sticking. Cover and cook for 5 to 7 minutes until brussel sprouts are softened. Add salt and pepper to taste.

Sansational!