

Brussel Sprout Fricassé



This is a very simple dish; how Paleo you want to be with it is up to you. I recall Dan once stating that bacon as a minor ingredient is ok, I've heard others use real bacon bits for flavor, but I've also have read about hardcore folks who would equate eating bacon to eating chocolate ice cream topped with a good helping of rice and potatoes. Given that, I'll leave how you want to use the bacon up to you. Want to replace it with ham or turkey? I'm sure it'll be great. I don't freak out too much because the bacon is chopped up, and since this is a side dish that could serve 6-8 people, you really aren't getting a massive dose in one serving.

Ingredients:

- 1 LB brussel sprouts
- 4 slices low sodium bacon
- Salt to taste
- Pepper to taste
- 1-2 Tbsp Olive Oil

Directions:

1. Stack the bacon, cut it in half, then stack it again. Slice thin, width-length pieces of the bacon. It might make things easier cutting-wise if you put the bacon in the freezer for say, 10-15 minutes first.
2. Put the bacon in a pan that can be fitted with a lid. Brown the bacon over medium to high heat. Once it's nice and brown, pour off some, all, or none of the fat.
3. While the bacon is cooking, trim off the bottom nub off of each sprout. Discard any nasty looking leaves.
4. Run the brussel sprouts through a food processor, using one of the thin blades that spin around the top of the container (NOT the chopping, propeller-type blade)
5. Put the brussel sprouts right into the pan, on top of the bacon. Add the salt and pepper.
6. Give it a good mix, then put the lid on.
7. For this step, let the sprouts sweat for 5-6 minutes; the point is to soften them up a bit before you eat it.
8. Once they seem to your liking, add the olive oil, mix, and serve.

Note: if you do wind up replacing the bacon with some other meat, consider adding a small amount of olive oil to the pan while heating up the meat. The oil will help with the cooking of the sprouts as well.