

Imperfectly Happy Homesteading's Instant Pot Brussels Sprouts

ImperfectlyHappy.com

Ingredients

- 2 tablespoons of coconut oil
- 1/2 cup of onion (yellow, white or even a few shallots would work best), chopped
- 1.5 - 2 teaspoons of minced garlic
- 3 strips of bacon, chopped
- 1 lbs of Brussels sprouts, outer leaves removed and cleaned (leave whole)
- 1/2 cup water
- Salt and Pepper to Taste
- Butter, optional



Directions

- Turn your Instant Pot on Sauté
- Add your coconut oil to the pot
- Add your chopped onion and minced garlic and sauté for a minute
- Add in your chopped bacon
- Sauté until your onions are translucent and bacon crisps up
- Add your prepared, whole Brussels Sprouts with a 1/2 of water
- Salt and Pepper to Taste
- Give it a quick stir to incorporate everything
- Put on your lid, making sure that your vent is closed
- Set on Manual for 3 minutes
- Once cooking is completed (listen for that beep) do a quick release
- Open your lid when ready and drop in a bit of butter and stir (optional)
- Drain out the liquid
- Plate those bad boys up and try not to eat them all folks!