



Instant Pot Bacon Brussels Sprouts

Active Time: 5 minutes | Total Time: 30 minutes | Serves: 4

Nutrition Information Per Serving

109.9 calories, 11.22 g carbohydrate, 4.47 g fiber, 6.75 g NET carbs, 5.85 g protein, 6 g fat

Ingredients

- 2 slice(s) bacon, diced very small
- 1 pound Brussels sprouts, trimmed and cut in half
- 1 Tbsp Dijon mustard
- 1 cup chicken broth
- 2 Tbsp(s) fresh chopped dill (optional)
- 1 Tbsp organic, grass-fed butter
- 1/4 tsp(s) salt
- 1/8 tsp(s) black pepper

Preparation

1. Set the Instant Pot to "Saut" and add the bacon. Cook for 2 minutes, or until bacon starts to brown.
2. Add the Brussels sprouts, chicken stock and mustard.
3. Close and lock the lid and press the "Keep Warm/Cancel" button to reset. Then press "Manual" and cook on HIGH for 4 minutes.
4. Quick release the pressure cooker and add the butter and dill (if using) and stir well.
5. Season with salt and pepper.
6. Serve.

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