

Pub-Style BARBACOA Brussel Sprouts (Vegan Option)

You won't believe it's not bacon in this twist on everyone's favorite pub side dish! The naturally craboo wood-fired habanero peppers of the Smoked Belizean Barbacoa perform amazing taste bud trickery in this 20 minute recipe. Slithers of tangy sundried tomatoes not only give these little babies a punch but provide a sneaky optical illusion. These little morsels are just as tasty with no parmesan for our vegan friends.

PREP TIME: 10 Minutes

TOTAL COOK TIME: 10 Minutes



INGREDIENTS:

- 1LB Brussel Spouts
- 3 TBSP EVOO
- 1 Red Onion (about 1 cup sliced)
- ½ CUP Sundried Tomatoes preserved in EVOO
- 1 TBSP Yellow Mustard
- 2 TBSP **Maya Mike Belizean Barbacoa (Original "White" Label)**
- 2 TSP **Maya Mike Belizean Barbacoa (Smoked "Red" Label)**
- 1-2OZ Shaved Parmigiano Reggiano
- Salt & Pepper

Tip of the Recipe! To make perfect onion strips, cut onion in half lengthwise and place flat portion on cutting board, then slice away to create repeatedly, perfect half-moon strips.

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STEP 1

Trim, Wash & Halve Brussel Sprouts (lengthwise)

Heat 2 TBSP EVOO over medium high flame for about 1 minute in skillet or sauce pan (preferable at least 12" surface area so each of those little sprouts have room for some toasty sides)

Add Brussel Sprouts & sear 5 minutes, tossing as needed to prevent sticking

STEP 2

Halve Onion (lengthwise) & slice into roughly 1/4" strips

Slice Sundried Tomatoes into 1/4" strips

Mix Mustard with 2 TBSP **Maya Mike Belizean Barbacoa (Original "White" Label)** 2 & TSP **Maya Mike Belizean Barbacoa (Smoked "Red" Label)**

STEP 3

Add Onions to pan of Brussels & caramelize about 2 minutes

Pour Mustard/Barbacoa mixture over Brussel Sprouts & Onions then stir

Remove from heat

Cover & let rest for 1-2 minutes

STEP 4

Plate

Sprinkle with Shaved Parmigiano Reggiano, Salt & Pepper (as desired)

Enjoy!

