

Slow Cooker Brussel Sprouts with Cranberries



Ingredients for Slow Cooker Brussel Sprouts with Cranberries:

4 cups Brussels sprouts halved (14 oz/400 g)

4 cups butternut squash cut into 1 inch cubes (21 oz/600 g)

1 red onion cut into large chunks

Maple Cinnamon Sauce

1/4 cup maple syrup

2 tablespoons apple cider vinegar

1 teaspoon McCormick ground cinnamon

1/4 teaspoon McCormick ground nutmeg

1/2 teaspoon salt

minutes before serving:

1 cup fresh cranberries

1/2 cup pecans

Directions for Slow Cooker Brussel Sprouts with Cranberries:

- 1. Toss together the Brussels sprouts, butternut squash and red onion and place in the base of a 5 quart slow cooker.**
- 2. Cook on high for 2-2.5 hours, stirring once at one hour. Start checking for doneness at 2 hours. Brussels sprouts should be softened but still have some chew to them. Butternut squash should be tender and not mushy.**
- 3. Just Before Serving: Add fresh cranberries and cook for 5 additional minutes.**
- 4. In a small pot, stir together the maple syrup, apple cider vinegar, cinnamon, nutmeg and salt. Bring to a boil, reduce heat and simmer, stirring frequently for 5 minutes. Sauce**

will reduce and become thickened. Pour over the veggies and toss.

5. Sprinkle with pecans and serve.
6. Sheet pan method: Pre-heat oven to 425°F. Line two large sheet pans with parchment and set aside.
7. Toss the Brussels sprouts, butternut and red onion with the maple syrup, apple cider vinegar, cinnamon, nutmeg and salt PLUS one tablespoon of olive oil.
8. Spread over the sheet pans evenly.
9. Roast for 15 minutes, flip the veggies, and roast for 10 more minutes.
10. Add the cranberries, and return to the oven for 5 additional minutes.
11. Sprinkle with pecans and serve.

Recipe Notes for Slow Cooker Brussel Sprouts with Cranberries:

If you aren't going to serve immediately, scoop the veggies out of the crockpot (reserve the liquid). Spoon the cooking liquid over before serving.

Recipe may be halved and cooked in a 2.5 quart crockpot HOWEVER I recommend cooking on the low setting for 2.5-3 hours.

Recipe for Slow Cooker Brussel Sprouts with Cranberries comes from Sweetpeasandsaffron.com