

Brussels Sprouts in Mustard Sauce

A corn starch thickened mustard sauce adorns these Brussels Sprouts cooked in vegetable broth.

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 30 Minutes

Yields: 6 servings

INGREDIENTS:

2 tablespoons cornstarch

1/4 cup water

1 (14.5 ounce) can vegetable broth

1 pound Brussels sprouts

2 teaspoons prepared Dijon-style mustard

2 teaspoons lemon juice

DIRECTIONS:

1. Dissolve cornstarch in 1/4 cup water, and set aside.

2. In a medium saucepan over medium heat, bring vegetable broth to a boil. Add Brussels sprouts, and cook until tender. Strain, reserving vegetable broth, and place Brussels sprouts in a warm serving dish.

3. Return vegetable broth to stove, stir in mustard and lemon juice, and return to boil. Add cornstarch mixture. Cook and stir until thickened.

Pour over Brussels sprouts to serve.