

Honey Garlic Crock Pot Brussels Sprouts

Gwen
www.SlowCookerKitchen.com

Servings: 4

1 to 1-1/2 pounds Brussels sprouts
2 tablespoons honey
1 tablespoon Worcestershire sauce
1 to 2 teaspoons garlic powder
salt (to taste)
pepper (to taste)

Preparation Time: 5 minutes**Slow Cooker Time: 5 hours**

Wash and remove any of the old or icky leaves from the Brussels sprouts. Slice any large ones in half or in quarters.

Toss the sprouts in a lightly buttered/ oiled slow cooker insert.

In a bowl, combine the honey, Worcestershire sauce and garlic powder.

Pour the honey mixture over the Brussels sprouts. Cover.

Cook on LOW for four to six hours OR on HIGH for two and one-half to three hours.

Per Serving (excluding unknown items): 44 Calories; trace Fat (0.5% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Other Carbohydrates.