

Brussel Sprouts with Black Bean Garlic Sauce

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Ingredients

2 tablespoons of olive, grapeseed, or safflower oil

dash of chili pepper flakes

25 Brussel sprouts

1 1/2 tablespoons of black bean garlic sauce

ground black pepper

Directions

Wash the Brussel sprouts well. Trim the stems and discard any of the loose leaves. Quarter them lengthwise.

Place the oil and chili flakes into a large skillet and place over medium-high heat. Add the Brussel sprouts to the pan and cook for about 3-5 minutes or until the sprouts begin to brown a bit. They may absorb all the oil, if they do just add another 1/2 tablespoon of oil.

Add the black bean garlic sauce and stir until all the Brussel sprouts are well coated. Add a pinch of ground black pepper (the sauce is already salty so you probably won't need any salt). Cook for about 30 more seconds. Take off heat and serve immediately.