

Bacon Brussels Sprout Slaw

Written by [KristenM](#)

This is another guest post from AndreAnna at [Life As A Plate](#). Thanks, AndreAnna for such a wonderful recipe!

I have a thing for Brussels sprouts. I eat them probably twice a week. And the more whole food nutritional research I do and the more books I read, I have come to the decision that Brussels sprouts are one the under-sung heroes of the superfoods. Seriously, they should probably have a cape. Rich in Vitamin and beta-carotene (vitamin A), they also have nitrogen compounds called indoles which may reduce the risk of certain cancers, most specifically bladder and colon. You can read more [here](#).

Once I saw these babies in the supermarket yesterday I had to have them:

Seriously, how huge are those? But because I had recently posted not one but two Brussels Sprouts recipes on my own site – one for an [Easy Oven Braised](#) and one for [Maple Glazed with Prosciutto](#) – I asked Kristen if she would be up for my next recipe here!

One of my good friends is also a foodie like me and when she was here last time visiting and we were throwing down in the kitchen (she is the co-inventor of my [Spicy Bacon Guacamole Dip](#)), she mentioned something about an often-requested hot slaw made with shredded Brussel sprouts. From the supermarket, I texted her and she emailed me her recipe and I used it as a base for my own creation. The flavor of the bacon and the caraway seeds offsets the slight sweetness of the dijon and cranberry perfectly. Add in a little bit of blanched slivered almonds for a nice crunch in the soft slaw.

When I first tasted it, I was surprised how un-Brussels-sprout-like tasting it was. It was amazingly delicious without having that typical taste associated with the wee baby cabbages which I think is what puts so many people off. I'd wager to say that even haters of the Brussels sprout might like this recipe! I even bet (now shhhh....this is our secret...) they wouldn't even know if you didn't tell them!

Bacon Brussels Sprout Slaw with Cranberries and Almonds

The Players

4 c. shredded Brussels sprouts

7 slices bacon, diced

1 small-medium red onion, in thin slices

3/4 c. beef stock

2 tsp caraway seeds

1 tbsp dijon mustard

1 tbsp Grade B Maple syrup (where to find maple syrup)

1/4 c. dried cranberries

1/3 c. slivered blanched almonds

1 tbsp butter

The How-To □

1) Start by running the sprouts under cold water to remove any excess dirt. Then cut off the bottoms and remove the outer leaves if they're dirty/damaged. Cut in half and place in food processor with a shredder attachment.

2) In a large saucepan, cook the diced bacon until brown and crispy. Remove with a slotted spoon and drain on paper towel.

3) Once the bacon is removed, add the onion to the bacon fat and cook on medium for around 10 minutes until the onions caramelize. Add a little beef broth if needed here to deglaze, making sure you scrape all the yummy crunchy bits off the bottom.

4) Add in the shredded Brussels sprouts, remainder of beef broth, dijon mustard, maple syrup, and turn to high. Cook 5-7 minutes, stirring constantly until the liquid is absorbed and the sprouts soft.

5) Remove from heat and stir in the butter, caraway seeds, dried cranberries, and almond slivers.

6) ~~Eat three bowls for lunch.~~ Serve as a delicious cancer-fighting side dish.