



# Creamy Brussels Sprouts & Bell Peppers

Sweet red bell peppers make a delicious complement to Brussels sprouts-it is perfect as their seasons coincide!

## Ingredients

2 red bell peppers  
¼ onion, chopped  
1 bay leaf  
2 tablespoons oil  
1½ pounds Brussels sprouts  
1 medium potato, cubed  
¼ cup vegetable stock or water  
2 tablespoons butter  
Salt and pepper to taste

## Preparation

1. Clean and trim Brussels sprouts. Cut larger ones in half. Cut peppers into ½-inch pieces.
2. Saute onion in oil with bay leaf until onion is soft.
3. Add the pepper pieces and stir for a few seconds. Add the Brussels sprouts and stir again. Remove bay leaf.
4. Add ¼ cup stock or water and steam until just tender (about 7 minutes, but keep checking...)
5. Steam or boil the potato cubes separately (or use warmed leftover baked potato, cubed) and puree in blender with butter and some of the juice from the vegetables. Stir together with the sprouts and peppers.
6. Season with salt and pepper to taste

Serves 4 to 6

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