

Betty's Brussels Sprouts with Pepper Jack Cheese Sauce Recipe



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In this video, Betty demonstrates how to make her marvelous Brussels Sprouts with Pepper Jack Cheese Sauce recipe.

Ingredients:

16 oz. package frozen Brussels sprouts
1 tablespoon butter or margarine
2 tablespoons flour
1 cup milk (I use skim milk.)
1 cup cubed pepper jack cheese

Cook the Brussels sprouts in a medium pot that has about 1 inch of rapidly boiling water. Place 16 oz. of frozen Brussels sprouts in the boiling water and cook until they are still bright green, but are fork-tender. This will take about 8 minutes after the water has returned to a boil. Meanwhile, prepare your pepper jack cheese sauce. In a medium-sized sauce pan, melt 1 tablespoon butter or margarine, and add 2 tablespoons flour. Mix the flour thoroughly into the melted butter or margarine. Do not combine the flour and butter over heat at this point. Add 1 cup milk and 1 cup cubed pepper jack cheese. Mix thoroughly. Now, place the cheese sauce over low heat, and cook and stir until the mixture is smooth and bubbly. Move the cheese sauce to a "warmer-type" burner until your Brussels sprouts are done, and stir the cheese sauce occasionally. When the Brussels sprouts are done, pour them through a colander to remove all the water, and transfer your Brussels sprouts to a nice serving bowl. Pour your cooked pepper jack cheese sauce into a small serving pitcher. To serve, place a generous serving of Brussels sprouts on a serving plate. Drizzle your desired amount of pepper jack cheese sauce over the top (from your small serving pitcher). This is a dramatic, colorful vegetable, and is very spicy with the hot peppers of the pepper jack cheese sauce! It's an interesting way to dress up a vegetable that I think you will like!!!

BONUS: If you have any Pepper Jack Cheese Sauce left over, try it as a dip with restaurant-style tortilla chips! Yummy!!!