

# Creamed Brussels Sprouts

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## Ingredients

2 lbs. Brussel sprouts  
Seasoning Salt to taste  
Cream Sauce  
1 cup hot, cooked millet  
1 cup cashew or blanched almonds  
2 cups water  
1/2 teaspoon salt

## Instructions

-Wash the Brussel sprouts well. Trim the stem ends and remove the raggy outer leaves. Cut in half from stem to top.

-Prepare pressure cooker by adding one cup of water to the bottom and adding the steamer basket. Place brussel sprouts in basket. Close and lock the lid and turn the heat to high. When the pan reaches pressure, put the stove to low and cook for 3-4 minutes at HIGH pressure. When the time is up, bring pan to the sink and pour cold water over it to bring down pressure. Open top. Pour out remaining water. Or cook on stovetop until tender. Stir in cream sauce. Season with Seasoning Salt to taste.

-Serve immediately.



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4.9 ★★★★★

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