



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Brussels Sprouts**

Creole Brussels Sprout Soup

Ingredients:

2 cups Brussel sprouts, ends trimmed and shredded
8 cups water or chicken broth
2 cups cooked white rice
15oz cooked red kidney beans
1 link Andouille Sausage
1 cup celery, sliced
1 cup green bell peppers, cubed
1 cup onion, diced
4 cloves garlic, minced
2 Tbs hot smoked paprika
1 Tbs Cajun seasoning
2 bay leaves
salt and pepper to taste
chopped flat-leaf parsley for topping

Directions:

Heat sausage, onion, bell pepper, and celery, in a pot over medium heat, cooking until the vegetables are softened. Add in garlic, paprika, Cajun seasoning, and a sprinkle of salt and pepper. Cook for about a minute then pour in the broth or water, brussels sprouts, and bay leaves. Continue to cook over medium heat for 20 minutes. Add the beans and cooked rice. Let warm through. Add salt and pepper to taste. Sprinkle with parsley before serving.