

BRUSSELS SPROUTS-SOUP

- 1 Clean and wash the Brussels sprouts thoroughly, removing any wilted leaves if necessary.
- 2 Peel the onion and cut it into small cubes.
- 3 Melt the butter in a saucepan and sweat the onions for a few minutes until translucent.
- 4 Add the Brussels sprouts and sauté, stirring constantly.
- 5 Deglaze with vegetable broth.
- 6 Add spices, cooking oil, rice and balsamic vinegar.
- 7 Add most of the sour cream and let the soup simmer for about 20 minutes.
- 8 Turn off the heat, puree the soup, serve garnished with a dollop of sour cream.