

COMPLIANT BROCCOLI STIR FRY

This recipe makes about 8 cups so it is a super easy way to have your side dish of vegetables ready to go. It’s also a great way to get more vegetables into any bowl of stew or chili. This lowers the caloric density and fills you up with lots of fiber-rich vegetables.

Ingredients:

* ½ large onion, cut into cubes
* 2 garlic cloves, roughly chopped
* 1 head broccoli, cut into small florets and cut up stem
* 1 carrot, sliced
* 3 fresh shitake mushrooms, sliced
* 1 chili pepper, diced small
* ½ - ¾ cup low sodium vegetable broth (preferably organic)
* 2 large leaves Bok choy, chopped
* 2 green onions, thickly sliced

Method:

1. In a wok or large skillet, heat a little vegetable broth on medium high.
2. Add onion and garlic to the pan and cook quickly until the onion is soft.
3. Add broccoli, carrot, mushrooms, chili and vegetable broth and stir.
4. Cover with a lid and let cook for 5 minutes and then stir.
5. Add Bok choy and green onions to the top of the broccoli mixture. Put the lid back on and steam for about 2 minutes until Bok choy wilts.
6. Stir to mix and serve hot. Or let cool and store in the fridge in glass containers.