

# Broccoli and Mixed Vegetable Stir Fry



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 20 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 2 large onions, sliced
- 4 cloves garlic, minced
- 3/4 teaspoon salt
- 3 tablespoons cooking oil
- 2 cups broccoli, cut in small pieces
- 1 cup mushrooms, sliced
- 1/2 cup red bell pepper, diced
- 1 cup additional vegetables such as peas, carrots, or corn (optional)
- 1 cup cooked protein such as chicken, beef, pork or tofu (optional)
- 2 teaspoons reduced sodium soy sauce

## DIRECTIONS

1. Place broccoli in a medium microwave safe bowl and add water to cover. Cover bowl with a plate and cook for 3-4 minutes until broccoli is tender. Drain and set aside.
2. In a large skillet, add onions, garlic, sprinkle of salt and a drizzle of olive oil. Cook covered on high heat for about 15-20 minutes, stirring occasionally, until onions are brown and soft. Remove from skillet and set aside.
3. Add the mushrooms, peppers, optional additional vegetables, protein (optional) and soy sauce to the same skillet. Simmer uncovered over high heat for 3 to 5 minutes.
4. Add the onion and broccoli, stir to combine and cook until heated through. Serve hot. If desired, serve over cooked rice or noodles.



## Nutrition Information

*Serving Size: 1/4 of recipe with chicken*

<b>Calories</b>	<b>211</b>
<b>Total fat</b>	<b>12 g</b>
Saturated Fat	2 g
<b>Cholesterol</b>	<b>27 mg</b>
<b>Sodium</b>	<b>592 mg</b>
<b>Carbohydrates</b>	<b>15 g</b>
Fiber	4 g
Sugars	6 g
<b>Protein</b>	<b>13 g</b>

Recipe source: Adapted from  
Averie Cooks