



Broccoli Stir Fry Recipe

Ingredients:

- 1 bunch pre-cooked broccoli
- 1 bag of frozen veggies
- Non-stick spray
- 2 Tbsp. Low-sodium soy sauce
- Dash garlic salt (optional)
- 1 cup pre-cooked rice (optional)

Prep Equipment:

Pan, pancake turner

Instructions:

1. If using rice, cook or reheat it.
2. Spray pan & heat it on medium-high (350-375 degrees).
3. Add frozen vegetables & cook them until thawed (3-5 min).
4. Add pre-cooked broccoli, soy sauce, & garlic salt (if desired).
5. Stir while heating mixture (3-4 min) to distribute the soy sauce.
6. Serve with pre-cooked rice (if desired) and enjoy.



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