Broccoli Stir Fry

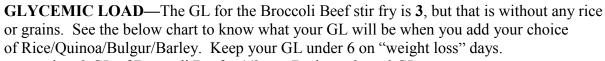
Serves 6. (3 GL <u>before</u> adding the rice/quinoa/barley.)

INGREDIENTS

- 3 chicken breasts or 6 thin cut sandwich steaks, sliced in strips
- 1 Tb olive oil
- 1/2 a large onion, chopped fine
- 3 cloves garlic, chopped fine
- 2 Tb grated fresh ginger
- 1 pound bag Frozen Broccoli, thawed
- 1 can of water chestnuts, drained
- 1 cup sliced red peppers, mushrooms and/or snap peas
- 1 or 2 cans Beef broth depending on how soupy you like it
- 1/4 cup Teriyaki sauce (Reduced sodium type, otherwise sodium can cause weight gain.)
- 1/4 cup *Bragg's Amino Acids*—soy sauce alternative—buy it in the store soy sauce isle.
- Serve over Uncle Ben's Rice, Quinoa, or Pearled Barley

DIRECTIONS

- 1. Brown meat, onion, ginger and garlic in 1 Tb olive oil;
- 2. Stir in all remaining ingredients except broth.
- 3. Add broth and simmer for 20 min.
- 4. Serve over Uncle Ben's Rice, Quinoa, or Pearled Barley



i.e. 3 GL of Broccoli Beef + 1/2 cup Barley = 9 total GL

	GL of 1 cup cooked	GL of 3/4 cup cooked	GL of 1/2 cup cooked
BULGUR cracked wheat (Boiled 20 minute type.)	12	9	6
Pearled Barley	12	9	6
Quinoa	18	13.5	9
Uncle Ben's white parboiled converted long grain rice. (Boil 20-30 min. type.)	18	13.5	9





NUTRITION FACTS for Broccoli Beef only			
Amount Per Servi	Calories from Fat 161		
Calories 228	Calones from Fat 161		
	% Daily Value*		
Total Fat 18g	28%		
Saturated Fat 7	g 35%		
Trans Fat 0g			
Cholesterol 40mg	13%		
Sodium 485mg	20%		
Total Carbohydrat	te 5g 2%		
Dietary Fiber 0g	0%		
Sugars 1g			
Protein 13g			