

Spicy Broccoli Stir Fry

Ingredient List:

- 2 Pieces (196 grams) Frozen Seasoned Sirloin Philly Steak (I buy Great Value)
- 2 tablespoons Extra Virgin Olive Oil
- 1 – 10 ounce steamable bag of riced cauliflower (I buy Green Giant® Riced Veggies Cauliflower Medley)
- 2 – 12 ounce steamable bags of Broccoli Florets
- 2 cups Frozen 3 Peppers And Onion Blend
- 4 ounces Szechuan Spicy Stir Fry Sauce (I buy House Of Tsang)
- ¾ cup Reduced Sodium Chicken Broth

Instructions:

- Put one of steamable bags of broccoli in the microwave and cook per package.
- Heat olive oil in large wok. Add frozen Philly Steak. Cook until done, stirring frequently.
- When the first bag of broccoli is finished carefully set it aside and cook the second bag.
- When the steak is done add the frozen peppers; continue to stir frequently.
- When the second bag of broccoli is finished, carefully set it aside and cook the riced cauliflower per package.
- When peppers are soft, add the steamed broccoli; continue to stir frequently.
- Stir in the stir fry sauce and chicken broth and continue to cook about 2 more minutes.
- Stir in the riced cauliflower. Allow to simmer about 2 more minutes and serve.

Makes 6 Servings

Nutritional Info Per Serving:

Calories 187.7; Total Carbs 13.1g; Net Carbs 9.1g; Fiber 4.0g; Sugar 6.5g; Protein 9.6g; Fat 10.0g

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