
Stir-Fried Broccoli and Carrots

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

2 tablespoons oil

1/8 teaspoon garlic powder

1/2 cup broccoli flowerets

1 cup carrots, sliced thin

1 small onion, cut into rings

3/4 cup chicken broth

teaspoon seasoning salt

1 tablespoon cornstarch

1 tablespoon cold water

1 can water chestnuts, drained

1 cup sliced almonds, mushrooms

In a saucepan, heat the oil. Add the garlic, broccoli, carrots and onion. Stir fry for 1 minute. Add the broth and seasoned salt. Cover and cook for about 3 minutes.

In a bowl, mix the cornstarch and water. Stir into the vegetables. Cook and stir until thickened, about 10 seconds.

Add the water chestnuts and mushrooms.

Cook and stir for 30 seconds.

Side Dishes

Per Serving (excluding unknown items): 210 Calories; 17g Fat (71.0% calories from fat); 6g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 108mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 3 Fat.