

# Stir-Fried Broccoli

Louise Furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

## Servings: 2

*1/4 teaspoon chicken  
bouillon granules  
1/4 cup hot water  
1 1/2 teaspoons cornstarch  
1 teaspoon sugar  
1 tablespoon soy sauce  
1 tablespoon sherry  
2 tablespoons vegetable oil  
1 clove garlic, minced  
1 1/2 cups fresh broccoli  
flowerettes, coarsely  
chopped*

In a bowl, dissolve the bouillon granules in hot water. Combine the cornstarch and sugar. Stir into the bouillon mixture. Add the soy sauce and sherry. Set aside.

Pour the cooking oil around the top of a preheated wok, coating the sides. Allow to heat at medium high, 325 degrees, for 1 minute. Add the garlic, stirring for 30 seconds. Add the broccoli. Stir fry for 2 minutes.

Pour the bouillon mixture over the broccoli, stirring well. Cook for 1 to 2 minutes or until thickened.

Per Serving (excluding unknown items): 154 Calories; 14g Fat (82.7% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 563mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.