

# Broccoli Stir Fry

Serves 6. (3 GL before 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

**GLYCEMIC LOAD**—The GL for the Broccoli Beef stir fry is **3**, but that is without any rice or grains. See the below chart to know what your GL will be when you add your choice of Rice/Quinoa/Bulgur/Barley. Keep your GL under 6 on “weight loss” days.

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 Serving	
Calories 228	Calories from Fat 161
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 485mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 13g	