



Sautéed Broccoli

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

37.6 calories, 6.54 g carbohydrate, 2.4 g fiber, 4.14 g NET carbs, 3.79 g protein, 0.34 g fat

Ingredients

- 1/2 cup(s) Pacific Organic Bone Broth (Chicken)
- 4 cup(s), chopped organic broccoli
- 2 clove(s) organic garlic, chopped
- 1/2 tsp(s) sea salt

Preparation

1. Place a saute pan over medium-high heat.
2. Add broth and garlic. Cook until garlic is translucent, about 2 minutes.
3. Turn heat to medium, add broccoli and sprinkle with salt. Cook until broccoli is bright green and crisp-tender, about 5 minutes.

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