

*Making it delicious*

# BROCCOLI & PORK STIR FRY

## Ingredients

- 6 oz. Pork tenderloin, pre-cooked
- 1 Tbsp. Olive oil
- 1 cup Mushrooms, sliced
- 2 cups Broccoli florets
- Seasoning Packet:
  - 1 Tbsp. Dried chives
  - 1 Tbsp. Sesame seeds
  - 1/2 tsp. Ginger powder
  - 1/4 tsp. Garlic powder\*
- 2 tsp. Lower-Sodium Soy Sauce
- 1/4 cup Water
- 2 cup cooked brown rice

\*To use fresh garlic in future batches, use 2 cloves, minced.



## Nutrition Facts

2 servings per container  
**Serving size** (411g)

Amount per serving

**Calories** **490**

% Daily Value\*

<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 58g	<b>21%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	
Vitamin D 0mcg	<b>0%</b>
Calcium 104mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 934mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Instructions

- In a skillet over medium heat, sauté mushrooms in olive oil. Stir.
- Once mushrooms start to turn golden, about 5 minutes, add seasoning packet, broccoli, and 2-4 Tbsp. of water. Stir to coat, and cover.
- While broccoli is cooking, slice meat into bite size pieces.
- Cook broccoli until bright green and lightly soft, about 7 minutes.
- Add pork and cook until heated through.
- Stir in soy sauce.
- Serve with cooked brown rice or other whole grain.

**SERVINGS: 2**

**PREP TIME: 20 MIN**