

GARLIC MASHED BROCCOLI



SERVING SIZE

4



INGREDIENTS

| ITEM | QUANTITY | ITEM | QUANTITY |
|---|----------|--------------|----------|
| Chopped Raw Broccoli Crowns (Bite-sized Pieces) | 8 Cups | Salt | ½ Tsp. |
| Olive Oil | ¼ Cup | Dry Thyme | ¼ Tsp. |
| Cloves Garlic, Chopped | 4 | White Pepper | ¼ Tsp. |
| Low Sodium Chicken or Vegetable Broth | ¼ Cup | | |



PREPARATION

- Place the chopped broccoli crowns in a steamer basket over a pot of boiling water.
- Steam for about 5-7 minutes, or until the broccoli is tender but still bright green. Remove from heat.
- While the broccoli is steaming, heat the olive oil in a large skillet over medium heat.
- Add the chopped garlic and sauté for about 1-2 minutes, or until fragrant and lightly golden. Be careful not to burn the garlic.
- Add the steamed broccoli to the skillet with the sautéed garlic. Toss to coat the broccoli with the garlic-infused olive oil.
- Pour in the no-chicken broth and season with salt, dry thyme, and white pepper. Use a potato masher or the back of a fork to mash the broccoli while stirring.
- Continue mashing and stirring until the broccoli is well coated with the garlic oil and reaches your desired level of creaminess. If it's too dry, you can add a bit more broth.
- Transfer the garlic-mashed broccoli to a serving dish. Serve hot as a flavorful and nutritious side dish.
- Enjoy!