

## Low-Point "Beefless" Broccoli

### Ingredients:

- 1, 12 oz. frozen bag of Boca Meatless Ground Crumbles, thawed
- 2 1/2 Tbs. cornstarch, divided
- 1/4 tsp. salt
- 1 1/2 cups chicken broth, divided
- 1, 12 oz. frozen bag of broccoli florets, thawed
- 1/2 tsp. ground ginger
- 1 tsp. garlic powder
- 1/4 tsp. red pepper flakes (optional)
- 1/4 cup soy sauce
- 1/2 cup water
- Pam cooking spray

Spray a good amount of Pam cooking spray into a skillet. Mix 2 Tbs of the cornstarch and the salt to the Boca crumbles. Place crumbles in skillet and cook on medium heat for 10 to 12 minutes or until cook thoroughly. These crumbles do not produce liquid/fat so stirring frequently is a good idea so they don't stick to the bottom of the skillet. You can also add a little bit of water to the crumbles for a bit of moisture. Transfer crumbles to a bowl when done. Add 1/2 cup chicken broth to the same pan and stir to loosen any bits stuck to the bottom. Add broccoli, ginger, garlic powder, and pepper flakes and toss lightly until the broccoli is cooked to tender/crisp. Stir in soy sauce, remaining cup of chicken broth, remaining 1/2 Tbs of cornstarch and water until blended. Add Boca crumbles. Stir and simmer until the sauce thickens. This is great served alone or over a bed of rice.

Total servings = 4 cups

Serving size = 1 cup

Points per serving = 3.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))