BEST BEFORE

#### **IDEAS**

Use Emeril's Stock instead of water when simmering rice, vegetables, couscous and potatoes.

For more great recipes visit www.bafoods.com/emerils

READY TO USE.

Refrigerate after opening

and after each use. Use within 14 days after opening. Do not microwave in carton.

Store unopened carton at

room temperature.

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Food of Love Productions

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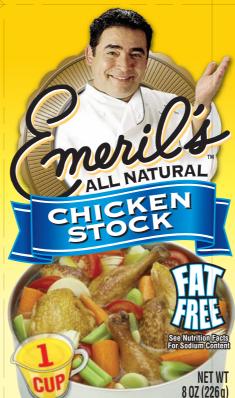
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Heat the olive oil in a 3 quart skillet over high heat. Add the garlic and cook until fragrant, about 30 seconds. Add the bok choy, salt, and pepper and stir to combine. Add the chicken stock & water and cook, stirring occasionally, until just tender, usually 4 to 6

# **Great Recipes Start Here!**



### **Nutrition Facts**

Serving Size 1 cup (240mL) Servings Per Container 1

Calories 10	Calories from fat 0
Calories 10	Calories from fat o
	% Daily Value*
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 570mg	24%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	

/itar	nin A 0%	•	Vitamin C 0%
Calc	ium 0%	•	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

INGREDIENTS: CHICKEN STOCK, SEA SALT, CHICKEN FAT\*, NATURAL FLAVORS, MODIFIED CORN STARCH, (PROCESSING AID), GARLIC POWDER, COOKED CHICKEN, SPICES, VEGETABLE STOCK (CARROT, CELERY, ONION, LEEK, RED BELL PEPPER, TOMATO, PARSLEY, AND GARLIC).

\*Adds a trivial amount of fat



## **GARLIC-BRAISED BOK CHOY**

- 1 1/2 pounds bok choy, sliced crosswise into 1-inch pieces
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- ½ tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1 cup Emeril's All Natural Chicken Stock
- ¼ cup water

Recipe © Emeril Lagasse

