

February 2, 1996

Stir-Fried Broccoli

1 head of broccoli, cut into small pieces
1/2 cup chicken broth
1/2 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon light soy sauce
About 2 tablespoons vegetable oil

Mix together chicken broth, salt, sugar, and soy sauce. Heat oil in wok. Add broccoli, and stir-fry for about 3 minutes. Add chicken broth mixture. Cover, and cook for about 3 to 4 minutes.