

real food can.

MAKE IT YOURSELF!
Simply Broccoli



I N G R E D I E N T S

1 head broccoli
1/4 cup water
1 tablespoon olive oil
1 clove garlic, minced
1/2 teaspoon crushed
red pepper flakes
Kosher salt and freshly
ground black pepper

Recipe courtesy of foodnetwork.com

Makes 4 Servings

1. Trim the woody skin off the broccoli stem and slice the broccoli into nice long "trees".
2. In a large saucepan, mix the water, olive oil, garlic, red pepper flakes, salt, and pepper. Bring to a boil over high heat.
3. Add the broccoli and cover to steam. After 3 minutes, turn off the heat, and allow the broccoli to sit for another couple of minutes. Toss to coat and serve.
4. Refrigerate leftovers.

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