

CHICKEN SHRIMP STIRFRY

INGREDIENTS

2 tablespoons coconut oil or
butter

1 small onion, chopped

4 garlic cloves, minced

3 tbsp ginger

1 pound broccoli, cut

1/4 cup Bragg's Aminos

1 pound chicken cubed

1 pound shrimp

1/4 tsp sea salt

PROCEDURE

Melt coconut oil/butter in skillet and sauté onions.

Stir in garlic and ginger Add chicken and broccoli to skillet.

Cook 10 minutes or until chicken done.

Add Bragg's Coconut Aminos.

Stir in shrimp and salt.

Cook until shrimp heated.