



Tony's Easy Chicken

Ingredients

- 3 garlic cloves, minced
- 1/2 lb. broccoli florets
- 8 oz. chicken stock
- 2 grilled chicken breasts, fully cooked and cubed

Preparation

1. Heat olive oil in a saute pan then add garlic.
2. Allow the garlic to brown, then add broccoli florets
3. When florets have caramelized, add 4 oz. chicken stock and cover pan
4. Cook 4-5 minutes, or until the liquid has reduced and the broccoli is tender
5. Add chicken cubes, stir to combine, then cover again
6. Cook for another 3-4 minutes, adding chicken stock (if needed) to keep the food moist
7. Serve once everything has reduced to your satisfaction

