Broccoli Stir Fry with Olives

Serves 6

This recipe makes good use of your frozen broccoli, tomatoes, and corn.

Ingredients

- 2 pints frozen broccoli florets, thawed just until the pieces separate
- 3 tablespoons olive oil
- 1 clove garlic, peeled and minced
- 3/4 cup frozen chopped tomatoes, thawed
- 1 cup frozen corn
- 1 cup frozen shrimp, thawed
- 1 cup sliced red, yellow, or green pepper
- 1/2 cup pitted black olives
- Salt and dried red pepper flakes to taste

Directions

1. **Cook the garlic.** Heat the oil in a large skillet, and cook the garlic for about a minute without browning.
2. **Add the tomatoes,** and cook uncovered for about 10 minutes.
3. **Add everything else:** the broccoli, corn, peppers, shrimp, and olives. Season with salt and red pepper.
4. **Simmer.** Cover and simmer until the broccoli is tender and the shrimp are pink and cooked through. Serve hot.

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