

BEST BEFORE

# Great Recipes Start Here!

## IDEAS

Use Emeril's Stock instead of water when simmering rice, vegetables, couscous and potatoes.

For more great recipes visit [www.bgfoods.com/emerils](http://www.bgfoods.com/emerils)



Heat the olive oil in a 3 quart skillet over high heat. Add the garlic and cook until fragrant, about 30 seconds. Add the bok choy, salt, and pepper and stir to combine. Add the chicken stock & water and cook, stirring occasionally, until just tender, usually 4 to 6 minutes. Serve hot.

Yield: 2 servings

50909634



### READY TO USE.

Refrigerate after opening and after each use.

Use within 14 days after opening.

Do not microwave in carton.

Store unopened carton at room temperature.

© 2008 B&G Foods, Distributor, Parsippany, NJ 07068 USA  
Emeril's™ licensed by Emeril's Food of Love Productions



See Nutrition Facts For Sodium Content

NET WT 8 OZ (226g)

## Nutrition Facts

Serving Size 1 cup (240mL)  
Servings Per Container 1

Amount per serving		
<b>Calories</b> 10	Calories from fat	0
		<b>% Daily Value*</b>
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 570mg		<b>24%</b>
<b>Total Carbohydrate</b> 1g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CHICKEN STOCK, SEA SALT, CHICKEN FAT\*, NATURAL FLAVORS, MODIFIED CORN STARCH, (PROCESSING AID), GARLIC POWDER, COOKED CHICKEN, SPICES, VEGETABLE STOCK (CARROT, CELERY, ONION, LEEK, RED BELL PEPPER, TOMATO, PARSLEY, AND GARLIC).  
\*Adds a trivial amount of fat



## RECIPE

# GARLIC-BRAISED BOK CHOY

- 1 ½ pounds bok choy, sliced crosswise into 1-inch pieces
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 1 cup Emeril's All Natural Chicken Stock
- ¼ cup water

Recipe © Emeril Lagasse