





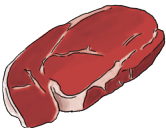


# Dietary Modifications for:

## Beef and Broccoli Stir Fry



rad<sup>o</sup>dish

Diet		Ingredient	Swap
 <b>Gluten-Free</b>			Replace with tamari or use gluten-free soy sauce, such as <a href="#">Kikkoman</a> .
 <b>Vegan</b>	 <b>Dairy-Free</b>		<i>No modifications necessary.</i>
	 <b>Egg-Free</b>		<i>No modifications necessary.</i>
	 <b>Vegetarian</b>		Replace with two large portobello mushrooms. Alternatively, replace with plant-based beefless tips, such as <a href="#">Gardein</a> .