

constantly, or until liquid thickens.

- 9. Serve immediately over heated, cooked rice.
- Refrigerate leftovers within 2 hours. Eat within 3 to 5 days. 10.

* Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 6 cups of cooked rice.

Be creative! Add frozen veggies in step #4 or any leftover cooked veggies or cooked meat before step #7.

For more information about EFNEP, visit: http://efnep.ifas.ufl.edu/

Directions

- 1. Wash all vegetables.
- 2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
- 3. Mix together broth, soy sauce, cornstarch, garlic powder, and pepper in small bowl. Set aside.
- Heat 1 ¹/₂ teaspoons of oil in a large skillet over medium high heat, and add vegetables. 4. Cook for 5 minutes, stirring often.
- Remove vegetables from skillet.
- 5. 6. Heat remaining 1 ¹/₂ teaspoons oil over high heat in the skillet, then add beef, chicken
- or tofu to the skillet. Stir until thoroughly cooked.
- 7. Lower heat to medium low. Return vegetables to skillet.
- 8. Pour broth mix over vegetables and meat/tofu. Cook for 2 minutes, stirring

Preparation Time: 10 minutes Cooking Time: 12 to 18 minutes

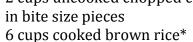
Stir Fried Vegetables with Beef, Chicken, or Tofu

Ingredients 1 cup broth (chicken or vegetable) 2 tablespoons soy sauce 1 tablespoon cornstarch 1 teaspoon garlic powder Pinch of black pepper 3 teaspoons vegetable oil 5 cups sliced fresh vegetables (such as celery, broccoli, zucchini, onions, green beans, carrots, peppers)

Makes: 6 servings (1 cup stir fry and 1 cup rice per serving)

2 cups uncooked chopped chicken or beef or 4 ounces firm tofu

in bite size pieces





Nutrition Facts

Total Carbohydrate 55g Dietary Fiber 6g Total Sugars 4g

with Chicken

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