Create a Stir Fry

# Create a delicious stir fry dish from simple foods. Just choose an item from each section. Then follow the directions. Use your imagination! Each stir fry serves 4 adults.

## Step 1: Prepare 1 protein from the following list

1. 1-2 cups cooked beans
2. 1 package firm tofu cut into ½ inch cubes
3. 1 pound raw chicken, beef, or pork cut into bite-sized pieces

## Step 2: Marinate protein using a seasoning mix such as:

* 1 tablespoon of soy sauce + 1 tablespoon of water, chicken broth or apple juice.

## Step 3: Prepare produce using the following directions

1. Cut 1 onion into wedges + 1-2 cloves of garlic minced + 1 tablespoon of grated ginger.
2. Add in 2 cups of fresh vegetables from the following listed choices:
   1. Carrots
   2. Cabbage
   3. Mushrooms
   4. Celery
   5. Green pepper
   6. Red pepper
   7. Bean sprouts
   8. Zucchini
   9. Yellow squash

## Step 4: Put skillet on stove on very low heat

## Step 5: Make a sauce and glaze

* To make the sauce, use ¼ cup vegetable or chicken broth, ½ cup of soy sauce, 1-2 teaspoons of sugar, 2-4 teaspoons of vinegar.
* To make the glaze use 2 teaspoons of cornstarch, 2 tablespoons of water, broth or apple juice.

## Step 6: Turn up the heat under skillet to medium-high. Make sure all ingredients are close by.

## Step 7: Make the stir fry using the following directions:

1. Add 2-4 tablespoons of water or broth to a pan.
2. When the water or broth is hot, add half of the protein. Stir fry until the protein is cooked through. Which should take about 2-3 minutes. Transfer to a clean bowl.
3. Add more water and stir fry remaining protein the same way. Move to a bowl. When you cook the protein in small parts it helps to keep the pan hot.
4. Add more water to the pan. Add onion and stir fry until browned but still crisp, about 1 minute.
5. Add garlic and ginger, stir.
6. Add half of the vegetables and stir for a few minutes. Then add the remaining vegetables. Stir fry until vegetables are tender-crisp. Do not overcook vegetables.
7. Return protein to pan and stir in sauce until everything is well coated. Add glaze and stir until sauces in pan are glossy. Serve immediately with noodles or rice.

# Stir Fry Recipes

### A pantry that is stocked with whole foods will help you create great tasting stir fries like these!

Flavorful Veggie Stir Fry

* 1 16-oz package extra firm tofu
* 1 tablespoon sugar
* 5 tablespoons soy sauce, divided
* ¼ cup apple juice or vegetable broth
* 3 cups broccoli florets, cut into bite-sized pieces
* 2 medium carrots, cut into thin slices
* 1 6-oz package frozen pea pods, thawed
* 2 tablespoons onion, chopped
* 1 8-oz can water chestnuts, un-drained, sliced
* 2 tablespoons cornstarch
* Hot cooked rice, spaghetti noodles, or soba noodles

Directions:

1. Cut tofu into 1-inch cubes and place on baking sheet.
2. In a bowl mix the sugar, 3 tablespoons soy sauce and apple juice or water until smooth. Pour the mixture over tofu and set aside.
3. In a large skillet over medium-high heat, stir fry broccoli, carrots, pea pods, and onion in 1 tablespoon of water or broth for 1 minute.
4. Stir in water chestnuts. Cover and simmer for 4 minutes. Remove vegetables from the pan and keep warm.
5. In the same skillet, stir fry tofu until outside is crispy.
6. Return vegetables to the pan.
7. Combine 2 tablespoons of soy sauce and cornstarch. Mix well and pour over vegetables. Stir fry until glossy.
8. Serve over rice or noodles.

Yield: 4 servings

Teriyaki Chicken

* 2-3 chicken breasts
* ½ cup soy sauce
* ½ teaspoon ground ginger
* 1 clove garlic; minced
* ½ cup water
* 2 tablespoons sugar
* 1 large onion, chopped
* 1-2 green peppers, chopped
* 1 cup mushrooms, sliced
* 2 tablespoons cornstarch
* 2 tablespoons water

Directions:

1. Cut chicken into 1-inch cubes.
2. Combine soy sauce, ginger, garlic, ½ cup water and sugar in a small bowl. Add chicken and soak for 30-60 minutes.
3. Over medium-high heat, stir fry chicken in water or broth until done.
4. Remove chicken from the pan and keep warm.
5. Add vegetables to the pan and stir fry until the vegetables are crisp tender.
6. Add chicken back into the pan.
7. Combine cornstarch and water; add to the pan and cook until the sauce is thick.
8. Serve with hot brown rice.

Yield: 4-6 servings

## Changing the Flavor

You can change the taste of basic ingredients in your dish by simply changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chiles and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme and parsley.

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