

Easy Stir-Fry

Ingredients

- 1/2 cup soy sauce, low-sodium preferred
- 3/4 cup chicken broth, low-sodium preferred
- 1/4 cup honey
- 1/8 cup vinegar
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1/4 cup cornstarch
- 1 pound protein (i.e. chicken)
- 5-6 cups fresh, frozen, or canned vegetables
- 2 pkg Ramen Noodles, seasoning discarded

Directions

1. Whisk together all ingredients in a bowl, minus protein, veggies, and noodles.
2. Cook desired protein, over medium-high heat, until no longer raw.
3. Add veggies and cook until crisp-tender.
4. Pour sauce over cooked protein and crisp-tender veggies.
5. Simmer over medium-high heat for 5 minutes.
6. In a separate pan, cook noodles from Ramen Noodle packages (throw away seasoning packets).
7. Add cooked noodles to sauce and vegetable mix. Stir and enjoy!

Extension

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