



Simple Stir-fry

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

2 tablespoons oil

1 pound chicken, beef, or pork
cut into bite sized pieces

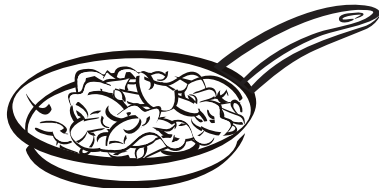
4 cups fresh vegetables, chopped
w ½ teaspoon garlic powder or
2 cloves fresh garlic

1 cup broth

3 tablespoons soy sauce

1. Wash hands and surfaces.
2. In a frying pan, heat 1 tablespoon oil over high heat. Stir-fry until meat is brown but not quite done, about 2 to 3 minutes.

3. Add 1 tablespoon oil to the frying pan, then add the vegetables, garlic, broth and soy sauce. Lower heat and cover the skillet. Cook until the sauce has thickened, about 10 minutes. The vegetables should be brightly colored, crisp and tender, and the meat should be cooked and tender. Serve hot.
4. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size (177g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 670mg 29%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 481mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Eat more than one kind of vegetable everyday – different colors add variety.
- Use tofu for a meatless stir-fry.
- Use separate cutting boards for vegetables and meat or clean your cutting board between each use.
- Add a variety of vegetables. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance