

RECIPE: HOW TO MAKE A STIR FRY

Let's make an easy veggie stir fry, a mix of colorful vegetables sautéed in a sweet and savory sauce that makes for a simple weeknight meal! Less than 30 minutes to make from start to finish with endless ways to customize it to your liking! Serve over rice, noodles, in a wrap or just on its own. The possibilities are endless! ENJOY!

TOOLS- Frying pan, tongs

INGREDIENTS

- 1-2 tablespoons oil - any oil will work
- **LET'S PICK SOME VEGGIES:** you want about 4 cups in total, take your pick from some of these below - but make the choices YOU love!
 - 1 red bell pepper, thinly sliced
 - 1 yellow bell pepper, thinly sliced
 - 1 cup sugar snap peas
 - 1 cup carrots, sliced
 - 1 cup mushrooms, sliced
 - 2 cups broccoli
 - Frozen veggies
 - Small to medium onion, thinly sliced

PROTEIN ADD INS: 2 chicken breasts, thinly sliced, pork chops, thinly sliced, you can even use ground chicken or ground pork, even ground beef

EASY STIR FRY SAUCE - this makes about 1 cup of sauce which will do a nice big pan. If you're only making a smaller stir fry, cut this sauce in half

- ¼ cup soy sauce
- 1 teaspoon sesame oil (or regular oil works too)
- 1 clove of garlic or 1/2 teaspoon garlic powder
- 3 tablespoons brown sugar, or granulated white sugar or honey
- 1/2 cup chicken broth
- 1 tablespoon cornstarch or flour

DIRECTIONS

PREP ALL YOUR VEGGIES AND PROTEIN - cutting the raw meats last on the cutting board. Make up your sauce and set everything aside before you cook.

1. In a small whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch and set aside. This will be our sauce for the end of the cook.
2. Add 1-2 tablespoon olive oil over medium-high heat in a wok or large skillet/frying pan.
3. If you're cooking proteins, stir fry them on medium heat until fully cooked through. Remove from the pan and set aside. **do not put back onto the same plate as the raw.*
4. To the same pan, if you need to add another tablespoon of oil, go for it. Add in all your veggies and sauté 2-3 minutes until the veggies are almost tender.
5. Add the meat back into the veggies, then carefully pour about half the sauce in. Stir to coat and watch it thicken up.
6. If you think you have enough sauce in the pan, leave the rest out, OR add it to a small saucepan and cook just until thickened over medium heat, about 2 minutes. Then you'll have extra sauce for rice/noodles.
7. Garnish with sesame seeds, green onion slices and chopped peanuts and cashews if you have some on hand. Enjoy!