

# EASY STIR-FRY

<b>AROMATICS</b> Choose one or more of the following:	<b>PRIMARY VEGETABLES</b> Prepare 3 cups (chopped or diced) of one or more of the following:	<b>PROTEIN</b> Prepare 1 pound of any of the following:	<b>SEASONING SAUCES</b> Choose and prepare one of the following:	<b>COLORING VEGETABLES</b> Shred 1-2 cups of one or more of the following:
2 Tbsp. fresh parsley, minced  2 Tbsp. onion, minced  3-4 medium garlic cloves, minced  Pinch of red pepper, crushed	Asparagus* Bean sprouts Bell pepper Broccoli* Brussel sprouts Carrots* Cauliflower* Celery Eggplant Green onions Green or yellow beans Mushrooms Onions Potatoes* Snow peas Summer squash Zucchini  *Steam 3-5 minutes	Lean beef★  Lean pork★  Chicken breasts, skinless, boneless★  Shelled shrimp or clams★  Fish fillets, fresh or frozen★  Tofu chunks  ★ These ingredients should be cut into chunks and precooked.	<b>Sauce 1</b> Combine ½ cup water, 2 Tbsp. soy sauce, 2 Tbsp. wine, and 1 Tbsp. cornstarch. Stir well.  <b>Sauce 2</b> Combine ½ cup water, 2 Tbsp. ketchup, 1 tsp. brown sugar, 1 tsp. oregano or Italian seasoning, and 1 tsp. cornstarch. Stir well.  <b>Sauce 3</b> Combine ½ cup water, 2 Tbsp. soy sauce, 2 Tbsp. lemon juice, 1 tsp. grated lemon rind, and 1 tsp. cornstarch. Stir well.	Beet greens  Bok choy  Cabbage  Curly endive  Spinach  Turnip greens

1. Warm a wok or large, heavy skillet over high heat until a drop of water evaporates on contact. Pour 2 teaspoons of oil in a thin stream around the edge of the pan.
2. Add aromatics all at once to wok or skillet. Cook and stir until fragrant (about 10 seconds).
3. Add about half of the primary vegetables. Stir-fry 2 to 3 minutes, stirring constantly, until vegetables are crisp-tender. Remove from wok or skillet. Stir-fry remaining vegetables. Remove from wok or skillet. Note: Add 1 tablespoon water if vegetables stick to pan.
4. If using raw protein, add to wok now. Stir-fry 3 to 5 minutes. Add 1 to 2 tablespoons additional oil if necessary. Place cooked vegetables back into pan. Add pre-cooked protein foods.
5. Add seasoning sauce. Stir until the sauce bubbles and thickens. Add coloring vegetables. Toss well.
6. Cool and place in gallon freezer bag. Label with date and heating instructions and freeze.

To prepare for serving:

In refrigerator, thaw Stir-Fry. Place in saucepan or skillet and heat over medium heat until hot and bubbly. Add a tablespoon of water if necessary. Serve over rice or noodles.

Enjoy with:

- Ice-cold milk
- Crispy sliced apples