Simple Stir Fry

Stir frying is a Chinese cooking technique where ingredients are cooked quickly over a high heat in a small amount of oil. This quick cooking at a high temp not only sears food to keep natural moisture in, but also retains many key nutrients and gives you a hot, nutritious meal in minutes!

Since cooking only takes minutes in a hot pan, all ingredients need to be prepped ahead of time (veggies cut up, meat/protein cut up, sauce ready, etc.) Some great stir-fry items include:

**Protein:** chicken, beef, shrimp, tofu, pork, textured soy protein, etc.

**Vegetables:** onions, cabbage, bell peppers, carrots, celery, broccoli, cauliflower, squash (zucchini, acorn, etc.), eggplant, green beans, etc.

*Tip:* Always cook meat items first to ensure they are cooked through.

**To Stir Fry:** Heat pan over high heat and add 1-2 tsp. canola/vegetable oil. Add meat and season as desired. Cook until no longer pink/red and any juices run clear. Remove from pan. Add another 1-2 tsp. oil and add veggies. Cook until vegetables are still slightly firm but have softened (2-3 minutes). Add meat back to pan and add desired sauce(s). Options may include soy sauce, teriyaki sauce, sriracha, or a simple pre-made stir fry sauce.

*To reduce the risk of illness:* Wash all produce thoroughly under running water before preparing and/or eating. Avoid cross-contamination. Do not mix raw meat with ready-to-eat items. Refrigerate perishable foods promptly and consume by expiration date.