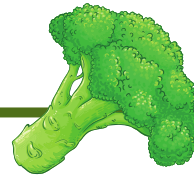


"ANYTHING GOES" STIR FRY

A Mobile Market Recipe

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Makes: 4 Servings

Ingredients:

- 1 pound protein of choice, cut up*
- 2 Tbsp. cooking oil
- 4 cups vegetables, cut up**
- 3 garlic cloves, sliced or minced
- 2 Tbsp. lime juice or rice vinegar
- 1 1/2 Tbsp. soy sauce (less-sodium)
- 1-2 tsp. honey (optional)
- 1/2 tsp. ground ginger (optional)

Optional sauce:

- 1 cup chicken broth mixed with
- 1 Tbsp. cornstarch

*Protein Suggestions:

Boneless chicken, beef or pork (ground is fine), Tofu or Tempeh, Shrimp

**Vegetable Suggestions:

Broccoli, Cauliflower, Carrots, Zucchini or Yellow squash, Bell peppers, Green beans, Snap or Snow peas, Mushrooms, Spinach

Instructions:

1. In a large skillet, add 1 Tablespoon of the oil.
2. Add your protein; cook for 5-8 minutes until no longer pink (in the case of chicken, beef or pork), then remove from skillet.
3. If making the sauce: in a small bowl or 2-cup measuring cup, whisk together the cornstarch and broth until smooth, and set aside.
4. In the skillet, over medium-high heat, add the remaining 1 Tbsp. of olive oil, garlic, and vegetables; stir fry for 4 to 6 minutes or until the vegetables are crisp-tender.
5. Add the remaining seasonings and the par-cooked protein to the pan with the veggies.
6. Add the broth mixture, if making the sauce, or 1/2 cup of water. Bring to a low boil, cook for a few minutes until the sauce (if using) is thickened, and the meat reaches an internal temperature of 165 F.
7. Serve with cooked rice or noodles.

