Easy Stir Fry
4 servings

A stir fry is a great way to use leftovers from another meal. Use meat, rice, or veggies from earlier in the week.

1 T. vegetable oil
1 Small onion, sliced ¾ c. water
1 lb. beef, pork, chicken, shrimp, or tofu, cubed or thinly sliced 1 T. cornstarch
1 (14 oz.) pkg. frozen oriental vegetables, thawed or 1 tsp. lemon juice
4 c. fresh vegetables, chopped (such as zucchini, broccoli, cabbage, mushrooms, etc.) 1 tsp. sugar
2 c. rice, cooked (optional) 2 T. soy sauce

1. In a large skillet, heat oil. Sauté onion for 1 minute.
2. Add protein food of choice. Stir-fry until nearly cooked through. Add vegetables. Cook for 2 to 4 minutes, adding water if needed. Continue cooking until meat is cooked through.
3. In a separate bowl, mix together water, cornstarch, lemon juice, sugar, and soy sauce. Mix well.
4. Pour mixture onto vegetables. Heat for 2 to 3 minutes or until thickened.
5. Serve over cooked rice, if desired.

*You can leave out the meat to make vegetable stir fry.

Nutrition Information per Serving: Calories 460, Total Fat 32 g (49% DV), Saturated Fat 12 g (59% DV), Cholesterol 85 mg (29% DV), Sodium 390 mg (16% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 5 g (19% DV), Sugars 3 g, Protein 23 g, Vitamin A 100%, Vitamin C 25%, Calcium 4%, Iron 20%.

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension’s educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

The USDA prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 846-6135 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.), please contact USDA’s TARGET Center at (202) 720-2600 (voice and TDD).