

Easy Stir Fry

4 servings



Ingredients

- 1 Tablespoon vegetable oil
- 1 small onion, scrubbed with clean vegetable brush under running water and sliced
- 1 pound beef, pork, chicken, shrimp, or tofu, cubed or thinly sliced*
- 1 (14 ounce) package frozen stir-fry vegetables, thawed or 4 cups fresh vegetables, chopped (such as zucchini, broccoli, cabbage, mushrooms, etc.)
- $\frac{3}{4}$ cup water
- 1 Tablespoon cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon sugar
- 2 Tablespoons soy sauce
- 2 cups brown rice, cooked

Nutrition Information: Serving Size ($\frac{1}{4}$ of recipe):
Calories 330, Total Fat 8g, Saturated Fat 1.5g,
Cholesterol 85mg, Sodium 550mg, Total Carbohydrates
34g, Fiber 3g, Total Sugars 4g, Protein 31g, Vitamin D
0%, Calcium 2%, Iron 10%, Potassium 15%

Instructions

1. Wash hands with soap and water.
2. In a large skillet, heat oil. Sauté onion for 1 minute.
3. 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.
4. In a separate bowl, mix together water, cornstarch, lemon juice, sugar, and soy sauce. Mix well.
5. Pour mixture over vegetables. Heat 2 to 3 minutes or until thickened.
6. Serve over cooked rice.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination.
Copyright ©2023



food.unl.edu

Easy Stir Fry

4 servings



Ingredients

- 1 Tablespoon vegetable oil
- 1 small onion, scrubbed with clean vegetable brush under running water and sliced
- 1 pound beef, pork, chicken, shrimp, or tofu, cubed or thinly sliced*
- 1 (14 ounce) package frozen stir-fry vegetables, thawed or 4 cups fresh vegetables, chopped (such as zucchini, broccoli, cabbage, mushrooms, etc.)
- $\frac{3}{4}$ cup water
- 1 Tablespoon cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon sugar
- 2 Tablespoons soy sauce
- 2 cups brown rice, cooked

Nutrition Information: Serving Size ($\frac{1}{4}$ of recipe):
Calories 330, Total Fat 8g, Saturated Fat 1.5g,
Cholesterol 85mg, Sodium 550mg, Total Carbohydrates
34g, Fiber 3g, Total Sugars 4g, Protein 31g, Vitamin D
0%, Calcium 2%, Iron 10%, Potassium 15%

Instructions

1. Wash hands with soap and water.
2. In a large skillet, heat oil. Sauté onion for 1 minute.
3. 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.
4. In a separate bowl, mix together water, cornstarch, lemon juice, sugar, and soy sauce. Mix well.
5. Pour mixture over vegetables. Heat 2 to 3 minutes or until thickened.
6. Serve over cooked rice.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination.
Copyright ©2023



food.unl.edu