

# Create Your Own Stir Fry

Makes 6 servings | Protein • Vegetable

## Ingredients

- Choose 1 or more aromatics (2 garlic cloves or 2 Tablespoons minced onion or pinch of crushed red pepper or 2 teaspoons minced ginger)
- 1lb cooked protein (lean beef, lean pork, tofu chunks, etc.)
- 3 cups chopped or diced vegetables of your choice (broccoli, carrots, green beans, mushrooms, etc.)
- Sauce (½ cup water, ¼ cup soy sauce, ½ teaspoon ginger, 1 Tablespoon cornstarch)
- 1-2 cups color vegetable (beet greens, cabbage, spinach, etc.)

## Directions

1. Wash hands with warm, soapy water.
2. Warm a large, heavy skillet or wok to high heat until a drop of water evaporates on contact. Pour 2 teaspoons of canola oil in a thin stream around the edge of the pan.
3. Add aromatics all at once to pan. Cook and stir until they smell good.
4. Add protein food (pre-cooked). Stir 3-5 minutes. Add 1- 2 Tablespoons of water, if needed. Remove from pan.
5. Put about half of the main vegetables in pan. Stir-fry 2-3 minutes, stirring constantly, until vegetables are crisp and tender. Remove from pan. Stir-fry other half of main vegetables and color vegetable. Add 1-2 Tablespoons of water if vegetables stick to pan.
6. Add sauce to pan. Stir until the sauce bubbles and thickens. Return all ingredients. Toss well to coat with sauce. Cover and steam 3-5 minutes until hot. Serve with cooked brown rice or whole-grain noodles.





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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP. This institution is an equal opportunity provider.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup (181g)</b>
<b>Amount per serving</b>	<b>Calories 170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>12%</b>
Saturated Fat 1.5g	<b>9%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>1%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 324mg	25%
Iron 5mg	30%
Potassium 346mg	8%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.