

# 7 Steps to Creating a Stir-fry



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You don't have to eat at a restaurant to enjoy a delicious stir-fry. Try making your own stir-fry using the foods in your pantry, refrigerator or freezer. You can start with fresh foods or use frozen vegetables.

## 1. Choose a protein.

- 1 pound chicken, beef or pork cut in small, bite-sized pieces, OR one package of firm tofu cut into ½-inch cubes. For uniform cooking, cut the protein into similar-sized pieces.

## 2. Marinate protein in one of the following:

- 3 to 4 tablespoons soy sauce or teriyaki sauce, reduced-sodium
- 3 to 4 tablespoons chicken broth
- 3 to 4 tablespoons apple juice

## 3. Prepare produce.

- 1 onion, cut into wedges
- 1 to 2 cloves garlic, minced
- 2 cups fresh vegetables (shredded carrots, shredded cabbage, sliced mushrooms, sliced celery, sliced peppers, zucchini, yellow squash, etc.) or substitute frozen stir-fry vegetables

## 4. Make a sauce and a glaze.

- Sauce: ¼ cup chicken broth, ¼ cup soy sauce, 1 to 2 teaspoons sugar, 2 to 4 teaspoons vinegar
- Glaze: 2 teaspoons cornstarch plus 2 tablespoons water or chicken broth

## 5. Cook the meat.

- Turn skillet on high, add 1 tablespoon oil and half of the protein. Stir-fry until fully cooked, about two to three minutes. Transfer to bowl and cover. Stir-fry the remaining protein.

## 6. Cook the veggies.

- Add 2 tablespoons oil. Stir-fry onion until tender, add garlic and then remaining vegetables. Cook the vegetables to the desired tenderness.

## 7. Combine the ingredients.

- Return the meat to the pan with the veggies. Add sauce and stir gently until everything is coated evenly.
- Stir in “glaze” and stir-fry until the sauce in the pan is glossy and thickened.
- Serve immediately over rice or noodles.

## Menu idea:

Stir-fry beef and broccoli over brown rice, fresh or canned pineapple and fat-free or low-fat milk

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4-13; web-1-18; web-1-23