



A Nutrition Resource

# STIR-FRY VEGETABLES WITH BEEF, CHICKEN, OR TOFU

**Yield:** 6 Servings | **Serving Size:** (1 cup stir-fry and 1 cup rice)

**Preparation Time:** 15 minutes

**Cooking Time:** 12-18 minutes

**Cost/serving:** \$1.72

## Ingredients:

- 6 cups brown rice
- 1 cup broth (chicken or vegetable)
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon garlic powder
- Pinch of black pepper
- 3 teaspoons vegetable oil
- 5 cups sliced fresh vegetables (such as celery, broccoli, zucchini, onions, green beans, carrots, peppers)
- 2 cups uncooked chopped chicken or beef or 1/2 of 14-16oz package of extra firm tofu

## Directions:

- 1) Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 6 cups of cooked rice.
- 2) Wash all vegetables.
- 3) Collect, slice, and measure all ingredients before starting to prepare the recipe.
- 4) Mix together broth, soy sauce, cornstarch, garlic powder, and pepper in small bowl. Set aside.
- 5) Heat 1 1/2 teaspoons of oil in a large skillet over medium high heat, and add vegetables. Cook for 5 minutes, stirring often.
- 6) Remove vegetables from skillet.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2 Cups (387g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 705mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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7) Heat remaining 1 ½ teaspoons oil over high heat in the skillet, then add beef, chicken or tofu to the skillet. Stir until thoroughly cooked.

8) Lower heat to medium low. Return vegetables to skillet.

9) Pour broth mix over vegetables and meat/tofu. Cook for 2 minutes, stirring constantly, or until liquid thickens.

10) Serve immediately over heated, cooked rice.

11) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\*For best results, press the tofu for at least 30 minutes to remove excess liquid. For crispy tofu, lightly dust the chopped tofu with cornstarch before stir frying.

Be creative! Add frozen veggies in step #4 or any leftover cooked veggies or cooked meat before step #7

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active Program*



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