

# Recipes

## **Chicken or Beef Stir Fry**

#### **Ingredients:**

3 cups brown rice, cooked
4 ounces chicken breast without skin, or lean beef
1 teaspoon vegetable oil
1/2 cup onion, chopped
1 cup vegetables
1/2 cup celery
1 green pepper
1 tablespoon soy sauce
Pepper to taste

#### **Equipment:**

Skillet Cutting board Knife Measuring Cups Measuring Spoons Large Sauce Pan

Number of Servings: 4 Prep Time: 20 minutes Total Time: 30 minutes

#### Directions

- 1. Prepare rice according to package directions.
- 2. Cut meat into thin strips. Partially freezing helps to slice it thinner.
- 3. Heat frying pan over high heat. Add oil to pan.
- 4. Stir fry meat and onion for three minutes, by constantly stirring with only a small amount of oil in the frying pan. Meat should lose it's pink color.
- 5. If using frozen vegetables, add and continue to stir fry for 5-8 minutes.
- 6. Add celery, green pepper, and any other stir fry for 1 minute or until all vegetables are crisp-tender.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter www.facebook.com/vafnp www.twitter.com/vafnp

### **Nutrition Facts**

Serving Size:1/2 cup stir fry 1/2 cup brown rice Servings: 4

Amount Per Serv	/ing		
Calories 219 Calories from			Fat 18
	%Daily Value*		
Total Fat 2g			4%
Saturated Fat trace 1g			2%
Cholesterol 13mg			4%
Sodium 288mg			12%
Total Carbohydrate 39g			13%
Dietary Fiber 4g			15%
Protein 9g			19%
Vitamin A	4%	Vitamin C	49%
Iron	7%	Calcium	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



VCEP-5NP

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.