

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



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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.			

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