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 its 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.

**Nutrition Facts**

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