

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.

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Nutrition Facts			
Serving Size: 1/2 cup stir fry 1/2 cup brown rice			
Servings: 4			
Amount Per Serving			
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.