

## Super Stir Fry

### Ingredients:

- 1 cup brown rice
- 1/2 cup onions
- 1/2 cup green peppers
- 1/2 cup broccoli
- 1/2 cup cauliflower
- 1/2 cup carrots
- 1 tablespoon vegetable oil
- 1 cup water
- 2 tablespoons sodium free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon molasses
- 1/8 teaspoon ground ginger
- 2 tablespoons cornstarch
- 1 1/2 cups cool water

### Equipment:

- Sauce pan with lid
- Non stick skillet
- Cutting board
- Knife
- Measuring spoons
- Liquid measuring cup
- Small saucepan
- Cup

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

### Directions

1. Cook brown rice according to package directions.
2. Chop onions and green peppers into 1 inch pieces.
3. Cut broccoli branches off the stalk and break up into 1 inch chunks. Remove tough parts from the stalk and chop into bite size pieces. Set aside.
4. Chop cauliflower in the same manner as the broccoli. Set aside.
5. Slice carrot into thin slices. Set aside.
6. In a small saucepan, mix together water, beef bouillon, vinegar, molasses, and ginger, bring to a boil and simmer for 5 minutes. Remove from heat.
7. Spoon cornstarch in the bottom of a cup and add cool water. Use a fork to mix together until there are no more lumps. Add to bouillon mixture and stir. Cornstarch will settle so stir again before adding to vegetables. Set aside.
8. Heat oil in a non stick skillet on high until hot. Add vegetables to pan according to the level of firmness, harder vegetables first so they have more time to cook.
9. When vegetables are crispy tender, add stir fry sauce, and stir until all vegetables are coated. Serve with rice.

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Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 4	
Amount Per Serving	
Calories 248	Calories from Fat 45
	%Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	10%
Protein 5g	9%
Vitamin A 96%	Vitamin C 56%
Iron 7%	Calcium 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

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