



## Simple Stir-Fry

### 1 + 1 + 1 = Success

Choose one <b>MEAT/PROTEIN (1 lb.)</b>	Choose as many as you like <b>VEGETABLES/FRUITS</b>	Choose one <b>SAUCE</b>
Beef	Broccoli, cauliflower, asparagus	Low-sodium soy sauce
Chicken	Carrots or sugar snap peas	Teriyaki sauce
Pork	Pineapple	Low-sodium soy sauce + chicken broth
Shrimp	Mushrooms	Peanut sauce
Tofu	Peppers and onions	Curry sauce
Eggs (1-2 beaten)	Coleslaw Mix	Any commercial glaze or Asian sauce
	Mixed frozen vegetables	

### Instructions:

1. Prepare meat/protein by cutting into bite-sized strips.
2. Prepare vegetables by washing and cutting into bite sized pieces.
3. Heat a 12-inch non-stick pan, cast iron skillet, or wok on high heat.
4. Add 1 tablespoon of vegetable oil or olive oil to pan and let it get hot.
5. Add meat/protein to pan and cook for 3-5 minutes or until cooked through. Put onto a clean plate.
6. Add chopped produce to pan (you may need to add a little water or oil) and stir-fry for 2-3 minutes. If vegetables begin to stick add a little water to the pan. You can also add a teaspoon or two of chopped garlic or ginger.
7. Add meat/protein back into pan. Add sauce or glaze of your choice and heat 1-2 minutes.
8. Serve over brown rice.

### Nutrition Analysis:

Example: Beef and Broccoli

1 lb. lean beef + 1 1/2 cup fresh broccoli + 1/4 cup reduced sodium soy sauce. Served with 3/4 cup cooked instant brown rice per person.

Serving Size: 1 1/2 cup beef, broccoli, and rice  
Calories: 337

Total Carb: 38 g

Total Fat: 6.5 g

Calories from Fat: 18 %

Saturated Fat: 2.2 g

Trans Fat: 0.0 g

Dietary Fiber: 3.6 g

Sodium: 608 mg

Protein: 30 g

Calcium: 64.5 mg

Iron: 3.2 mg

### Recipe Source

**Tara Andrews**, MSU Extension Custer County  
**Terry Egan**, Missoula City-County Health Department