



Stir Fry Vegetables with Chicken, Beef or Tofu

Serves: 6 | Serving Size: 1 cup

Ingredients Needed:

- 1 cup chicken, beef, or vegetable broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 5 cups sliced vegetables, fresh or frozen (celery, broccoli, zucchini, onions, green beans, carrots, peppers)
- 2 cups uncooked chicken or beef or 4-ounce firm tofu in bite-size pieces
- 6 cups cooked brown rice

Directions:

1. Mix together broth, soy sauce, cornstarch, garlic powder, and pepper. Set aside.

2. Heat oil in a skillet and add vegetables.
3. Cook 5 minutes over high heat; shake pan often.
4. Remove vegetables from pan.
5. Add more oil if needed and place beef, chicken, or tofu in the skillet. Stir and cook uncovered over high heat until cooked thoroughly.
6. Lower heat. Return vegetables to skillet.
7. Pour broth mixture over vegetables and tofu or meat, stirring constantly. Cook about 2 minutes or until liquid thickens.
8. Serve immediately over cooked rice.
9. Refrigerate leftovers.