



# Build Your Own Stir-Fry

**Pick One From Each Category or Mix & Match to Get Desired Amount:**

**Stir-fries are a great budget-friendly, easy, weeknight meal! Try incorporating stir-fries into your meals and enjoy these benefits:**

- **Adaptable.** Choose your favorite ingredients, seasonings, and sauces.
- **Quick & easy.** You can prepare a nutritious meal for you and your family in less than 30 minutes.
- **Saves money.** Use what you have on hand to create a delicious dinner.
- **Prevents food waste.** Stir-fries are a great way to use up veggies that might go bad soon.
- **Nutritious.** Stir fries are a great way to eat lots of vegetables.

- Grain** 4 cups cooked rice, noodles, quinoa, or cauliflower rice.
- Protein** 1 pound chicken, beef, eggs, shrimp, or tofu.
- Veggies** 2-3 cups bell peppers, broccoli, onion, carrots, mushrooms, or zucchini.
- Flavor** 2 teaspoon garlic, ginger, green onion, or/and fresh herbs.
- Sauce** 1 cup of beef broth, soy sauce, sesame oil, and cornstarch mixture.
- Crunch** Option, peanuts, cashews, sesame seeds, etc.
1. Prepare your grain of choice and set aside.
  2. In a large skillet, add 1-2 tablespoons oil and cook protein. Set aside.
  3. To the skillet, add 1-2 tablespoons oil and the vegetables and cook for 3-5 minutes, or until vegetables are soft.
  4. Add the protein back to the pan and add your sauce mixture. Stir to combine and cook another 1-2 minutes, until sauce has thickened and is heated.
  5. Serve over prepared grain and top with crunch.
  6. Serve 4 people.