



Go Lean With Protein



EFNEP

Expanded Food and Nutrition Education Program

Stir-Fried Vegetables with Beef, Chicken, or Tofu

Makes: 6 servings (1 cup stir-fry, 1 cup rice)

Preparation Time: 10 minutes

Cooking Time: 10-15 minutes

Ingredients

- 1 cup beef, chicken, or vegetable broth
- 2 tablespoons soy sauce
- 1 tablespoon corn starch
- Pinch of pepper
- 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 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. 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 mix over vegetable and tofu/meat. Stirring constantly, cook 2 minutes or until liquid thickens.
8. Serve immediately over cooked rice.
9. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 cup (373g)	
Servings Per Container 6 (Beef)	
Amount Per Serving	
Calories 370	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 240mg	10%
Total Carbohydrate 54g	18%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 14g	

Nutrition Facts	
Serving Size 1 cup (382g)	
Servings Per Container 6 (Chicken)	
Amount Per Serving	
Calories 320	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 400mg	17%
Total Carbohydrate 54g	18%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 15g	

Nutrition Facts	
Serving Size 1 cup (363g)	
Servings Per Container 6 (Tofu)	
Amount Per Serving	
Calories 300	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 54g	18%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 9g	

