

Pantry Panic Basic Stir-Fry

(comes to the rescue!)

Ingredients:

Cooking Oil, approximately 4 tablespoons total	Vegetables 3 to 4 cups, chopped	Protein Foods 1 pound, sliced	Sauce $\frac{1}{3}$ cup sauce <i>plus</i> $\frac{1}{3}$ cup water	Seasoning To taste
Canola oil Corn oil Olive oil, light refined (not extra virgin) Peanut oil Soybean/ Vegetable oil	Broccoli Cabbage Carrots Cauliflower Onions Peppers Spinach or other greens Tomatoes	Beef Canned beans Chicken Eggs Fish Pork	French salad dressing Honey mustard salad dressing Soy sauce Sweet and sour salad dressing Teriyaki sauce	Garlic Pepper Salt

Directions:

1. Before you begin, cut all vegetables and meats into pieces that are approximately the same size. Once you begin stir-frying, it goes very quickly!
2. In a large skillet, heat 2 to 3 tablespoons of oil on medium-high heat. Be sure the oil covers the bottom of the skillet.
3. Add meat/protein and cook 2 to 3 minutes or until desired doneness, stirring constantly. Remove from skillet and put in a bowl.
4. Add vegetables and 1 tablespoon of oil to skillet. Cook 4 to 5 minutes or until vegetables are just crisp-tender, stirring constantly.
5. Return meat to skillet and add desired sauce, water and seasonings. Stir to combine, heat through.
6. Serve alone or with rice or noodles. Enjoy! Serves 6.

Recipe from "Pantry Panic" 4-H Project Book, Publication 4-H 376, Copyright @ 2014, The Ohio State University

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