

Corned Beef & Veggie Stir-Fry

Makes
4 servings

Prep time
10 minutes

Cook time
15 minutes

Ingredients:

- 1 11.5 oz. can corned beef
- 1 Tbsp. olive or vegetable oil
- 2 cloves garlic, minced
- 1/2 yellow onion, chopped
- 1 large tomato, diced
- 2 cups cabbage, chopped
- 1/4 tsp. black pepper

Nutrition Facts

4 servings per container
Serving size 1 cup (187g)

Amount per serving
Calories **250**

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 710mg	31%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 2mg	10%
Potassium 318mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Empty corned beef into a bowl. Using a spoon, separate the solidified fats and discard.
2. Heat oil in a pan over medium heat. Sauté garlic and onions until translucent, about 3-5 minutes.
3. Add corned beef and cook until heated thoroughly, about 5 minutes, stirring occasionally.
4. Add tomatoes, lettuce, and black pepper and cook until vegetables are softened, about 5 minutes.
5. Serve hot as is, or over a bed of brown rice.

