

Veggie Stir-Fry

Makes
6 servings

Prep time
10 minutes

Cook time
15 minutes

Good source of
Fat
Sodium

Ingredients:

- 1 cup low-sodium beef, chicken, or vegetable broth
- 2 Tbsp. lite soy sauce
- 1 tsp. garlic powder
- 1 Tbsp. vegetable oil
- 5 cups sliced vegetables of your choice, fresh or frozen
- 2 cups uncooked tofu, chicken, or beef, bite-sized
- Pinch of black pepper

Nutrition Facts

6 servings per container
Serving size 1 (226g)

Amount per serving
Calories **160**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 2mg	10%
Potassium 205mg	4%

*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. Mix together broth, soy sauce, 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. 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 vegetables and meat/tofu. Stirring constantly, cook 2 minutes or until liquid thickens.
8. Refrigerate leftovers.

