



VEGETABLE STIR-FRY

Number of servings: 5

Ingredients:

- 1 pound lean meat
- 1 medium head (approximately 1 ½ lbs) won bok cabbage

Sauce:

- 1 clove garlic
- 1 thumb size piece ginger
- 1 tablespoon less sodium soy sauce
- 1 teaspoon cornstarch
- ½ teaspoon sugar

Directions:

1. SLICE meat into thin strips. SET aside.
2. CRUSH garlic and ginger for sauce.
3. In a small bowl, COMBINE sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar.
4. MARINATE meat in sauce mixture for about 15-20 minutes.
5. CUT cabbage into 1-2 inch lengths.
6. In a large pan or wok, STIR-FRY meat.
7. ADD cabbage and STIR-FRY for a few minutes.



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Variations:

Other fresh or frozen vegetables may be used.
Sauce variations may be added to vegetable stir-fry during cooking.

Sauce Variations:

ADOBO: 1 clove garlic (minced), ¼ cup white vinegar, ¼ teaspoon black peppercorns (cracked or freshly ground), 2 tablespoons less sodium soy sauce, ¼ teaspoon salt, 1 bay leaf (break into 3 pieces).

KALBI: ¼ cup less sodium soy sauce, 1 tablespoon honey*, 1 tablespoon sugar, 1 teaspoon sesame seeds (roasted and ground), 1 teaspoon sesame oil, 1 clove garlic (minced), 1 tablespoon green onions (minced). *Honey should not be consumed by persons under 2 years of age.

HOT GARLIC: ¼ teaspoon dried red chili pepper flakes, 2 teaspoons ginger (minced), 2 cloves garlic (minced), 2 teaspoons sugar, 2 teaspoons cornstarch, 1 tablespoon white vinegar, ¼ cup water.

OYSTER: 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 tablespoon sugar, 1 teaspoon less sodium soy sauce, ¼ cup oyster sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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