



Basic Stir-Fry

1-pound lean ground beef,
turkey, chicken or flank steak

1 cup reduced sodium stir-fry
sauce*

1 (12 oz.) bag frozen diced
vegetables

1 cup brown rice

Directions

1. Wash hands with soap and water.
2. If using flank steak, cut against grain into 1-inch pieces. Wash hands with soap and water after handling uncooked steak or poultry. Wash cutting board and knife after touching raw meat. Cook meat in a skillet until lightly brown. Drain off fat.
3. Stir in remaining ingredients, except rice. Bring to boil. Reduce heat, cover and simmer 10 minutes or until vegetables are tender and ground turkey reaches an internal temperature of 165°F on food thermometer.
4. Cook rice according to directions. Serve with stir-fry. **Yield:** 4 Servings

**Note- Make your own celiac-friendly stir-fry sauce:*

Ingredients

½ cup tamari sauce (double check label to make sure it is gluten free)

½ cup low sodium chicken stock or broth (labeled gluten free)

1 Tablespoon cornstarch

1 Tablespoon honey

1 teaspoon sesame oil

1 teaspoon rice, white or apple cider vinegar

2 cloves garlic minced

Directions:

1. Wash hands with soap and water.

2. Whisk all ingredients together or combine in a large glass jar, place lid on, and shake well.

Keep in the refrigerator and use within two weeks.

Nutrition Facts (per serving using ground turkey): 250 calories, 8 grams fat, 640 milligrams sodium, 17 grams carbohydrate, 1 gram fiber, 28 grams protein.