

Quick Stir Fry

Step 1: Add Oil to hot pan

Step 2: Sautee onions, peppers, aromatic vegetables

Step 3: Add Meat and cook

Step 4: Add seasonings

Step 5: Add hardy vegetables

Step 6: Add leafy green vegetables

Protein: Ground Beef

Ground sausage

Ground Chicken

Thinly Sliced Chicken

Thinly sliced beef

Vegetables:

Fast Options: Frozen Stir Fry Mixed Vegetables

Bag of Coleslaw

Bag of Spinach

Zucchini

Onions

Red Bell Pepper

Cabbage

Shredded Carrots

Seasoning Mixes:

Italian:

Italian Seasonings: basil, oregano,

Garlic

Salt

Pepper

Asian:

Red Curry Paste

Ginger

Garlic

Lemongrass