

Stir-fry

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Dairy**

Protein of choice (chicken, beef, sausages or tofu suggested)

1 package of frozen mixed vegetables or stir-fry vegetables without sauce (cooked)

Pepper, Garlic, Basil

2 TBSP Soy sauce

Olive oil

Cut the desired protein into small cubes. Heat the oil in a large frying pan or wok. Sauté the desired protein in the pan until it is cooked thoroughly (for tofu, it really just needs to be warmed through). Add the vegetables, seasoning and soy sauce. Simmer 10 to 15 minutes stirring frequently. Serve warm.

Servings: 6 – 8 (\$0.95+/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***