

# Make-It-Easy Meal

Chinese Vegetable Stir-fry  
White Rice  
Lime Sherbet  
Milk



Use frozen vegetable medley or wash and chop vegetables on the weekend.  
Use them for this recipe or as a quick grab-and-go snack.

## Shopping List

- pineapple juice
- sugar
- lemon juice
- cornstarch
- light soy sauce
- white rice
- vegetable oil
- broccoli, carrots, celery, cauliflower, red or green bell pepper
- lime sherbet
- milk



# Chinese Stir-fry

---

## Sweet 'N Sour Sauce:

- $\frac{3}{4}$  cup pineapple juice
- 1 Tbsp. sugar
- 1 Tbsp. lemon juice
- $1\frac{1}{2}$  tsp. cornstarch
- 1 tsp. light soy sauce



## Stir-fry:

- 4 tsp. vegetable oil
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup cauliflower florets
- 1 cup sliced celery
- 1 cup chunked red or green bell pepper
- 2 cups cooked meat cubes (optional)

1. Combine sauce ingredients in a mixing bowl and set aside.
2. Prepare rice according to package directions.
3. Heat oil in a skillet over medium-high heat.
4. Add broccoli, carrots, cauliflower and celery; cook for 2 minutes.
5. Add bell pepper and cooked meat cubes; cook for 2 minutes.
6. Add Sweet 'N Sour sauce, bring to a boil and cook for 1 minute, covered. Serve vegetables while hot.

Serves 4 to 6.



The "Eat for Health" Campaign was developed by the Missouri Nutrition Network, a nonprofit, collaborative effort of public and private organizations throughout the state. Partial funding for this project comes from the United States Department of Agriculture (USDA). This printing made available by University of Missouri Outreach and Extension, an equal opportunity/ADA institution.