



Stir-Fry Pork

Stir-frying is a popular and efficient cooking technique that involves using a small amount of oil to pan-fry vegetable medleys, meats, and seasonings.

Makes: 6 servings **Prep time:** 25 minutes

Cook time: 50 minutes

the INGREDIENTS

½ cup brown rice, long grain, uncooked
17 tablespoons water (1 cup 1 Tbsp)
1 tablespoon cornstarch
1 tablespoon soy sauce, low-sodium
1 cup chicken broth, low-sodium
1 tablespoon canola oil
1 cup broccoli, frozen, chopped
2 cups carrots, fresh, peeled, shredded
¾ cup onions, fresh, peeled, ¼" diced
2 teaspoons garlic powder
2 teaspoons ginger root, fresh, grated
 (or 1 tsp ginger, ground)
½ teaspoon salt, table
¼ teaspoon black pepper, ground
1 pound pork, sirloin roast, fresh or frozen, ½" cubed
 Nonstick cooking spray

the DIRECTIONS

1. Combine brown rice and 1 cup water in a small pot. Reserve remaining water for step 4.
2. Heat over medium–high heat to a rolling boil.
3. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
4. Make cornstarch mixture: In a small bowl whisk together cornstarch, remaining water, and soy sauce until smooth.
5. Make sauce: In a small pot, bring chicken broth to a boil over medium–high heat. Stir in cornstarch mixture. Cook and stir frequently until nectar thick, 5–7 minutes. Remove from heat, and set sauce aside.
6. Heat oil in a wok or skillet over medium–high heat.
7. Add broccoli, and sauté for 3–5 minutes or until thawed. Stir frequently.
8. Add carrots, onions, garlic powder, and ginger. Cook for 3 minutes or until vegetables become slightly tender. Remove from skillet, and set aside.
9. Season pork with salt and pepper.
10. Coat skillet with nonstick cooking spray and place over medium–high heat. Add pork, and brown for 10–15 minutes. Stir frequently. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.
11. Add vegetables and sauce to skillet. Cook for 2–3 minutes. Stir frequently. Heat to 140 °F or higher for at least 15 seconds.
12. Serve ½ cup stir-fry over ¼ cup rice.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ½ cup stir-fry over ¼ cup rice.

Nutrients	Amount
Calories	180
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	36 mg
Sodium	334 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

½ cup stir-fry over ¼ cup rice provides
1 ½ oz equivalent meat, ¼ cup vegetable,
and ½ oz equivalent grains.

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CHEF TIPS

Variation

If pork is frozen, defrost in the refrigerator
1 day for 1–5 pounds. Hold raw pork at
40 °F or lower.

Ground ginger may be substituted for
fresh ginger root. If using ground ginger,
use half of the amount required in the
recipe.