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

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

DIRECTIONS

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.
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.
**NUTRITION INFORMATION**

For ½ cup stir-fry over ¼ cup rice.

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<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
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<td><strong>Total Fat</strong></td>
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<tr>
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</table>

N/A=data not available.

**CACFP CREDITING INFORMATION**

½ cup stir-fry over ¼ cup rice provides 1.5 oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

**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.

*Source: Team Nutrition CACFP Multicultural Recipe Project.*

[https://teamnutrition.usda.gov](https://teamnutrition.usda.gov)