

Oriental Stir-Fry Mix

Ingredients:

6 tablespoons cornstarch	6 tablespoons water
$\frac{3}{4}$ teaspoon garlic powder (or 2 cloves)	$1 \frac{1}{2}$ teaspoons freshly grated ginger
$2 \frac{1}{4}$ teaspoons beef OXO or 1 pkg	$\frac{3}{4}$ cup Soy sauce
$\frac{3}{4}$ teaspoon onion powder	$\frac{3}{4}$ cup dark corn syrup
6 tablespoons wine vinegar	2 $\frac{2}{3}$ cups water

Directions:

Combine **cornstarch**, **garlic powder**, **beef OXO**, and **onion powder**. Whisk in **vinegar**, 6 tbsp **water** and **ginger** until cornstarch is dissolved. Stir in **Soy sauce**, **corn syrup**, and remaining **water**.

Makes 5 cups, Store in refrigerator, Use within 4 weeks.

Recipes I am in:

Teriyaki Beef and Vegetable Stir-Fry

Shrimp & Vegetable Stir-Fry

Stir-Fry Cashew Chicken

Teriyaki Beef and Vegetable Stir-Fry

Ingredients:

- 1 pound top sirloin
- 4 medium carrots
- 3 medium zucchini (or alt.)
- 1/3 cup vegetable oil
- 2 tablespoons brown sugar
- 1 ½ cups Oriental Stir-Fry Mix
- 3 cups hot cooked rice
- 4 green onions, thinly sliced

Directions:

Cut **meat**, **carrots** and **zucchini** in thin diagonal slices. Place 3 **paper towels** in a medium bowl, set aside. Heat 3 tbsp **oil** in a skillet, add **meat** and brown. Remove cooked meat to bowl with paper towels. Cover to keep warm. Add remaining **oil** to skillet, add **carrot** slices. Cook and stir 3-4 minutes. Add **zucchini**. Cook and stir 2-3 minutes longer. Stir in cooked meat, **brown sugar** and **Oriental Stir-Fry Mix**. Cook and stir until it thickens slightly. Serve over **hot rice**, garnish with **green onion**.

Makes 4-6 servings

Stir-Fry Cashew Chicken

Ingredients:

3 Chicken breasts boneless, skinless 1 $\frac{1}{2}$ cups Oriental Stir-Fry Mix
1/3 cup vegetable oil $\frac{1}{2}$ cup cashew nuts
1 pound green beans, cut 1 inch 1-2 tablespoons water, if needed
1 yam, cut in $\frac{1}{4}$ inch slices 3 cups hot cooked rice
1 - 8 oz. can water chestnuts, drained and sliced

Directions:

Cut **chicken** into thin strips. In a large skillet heat 2-3 tbsp **oil**. Add **chicken**; stir until meat is tender 4-5 minutes. Drain chicken on **paper towels**, keep warm. Add remaining **oil** to skillet; add **green beans**, cook and stir about 3 minutes. Add **yam** pieces; cook and stir until beans are crisp-tender. Add **chicken, water chestnuts** and **Oriental Stir-Fry Mix**. Cook until sauce thickens slightly about 10 minutes. Stir in **nuts** and **water**, if needed to make a thinner sauce. Simmer 2 minutes. Serve over **hot rice**.

Makes 4-6 servings

Shrimp & Vegetable Stir-Fry

Ingredients:

- $\frac{3}{4}$ pound shrimp, shelled, deveined, may be frozen
- 2 broccoli florets and stalks
- 4 tablespoons vegetable oil
- 1 medium onion, thinly sliced
- $\frac{3}{4}$ pound mushrooms, thinly sliced
- 1 $\frac{1}{2}$ cups Oriental Stir-Fry Mix
- 2 cups fresh bean sprouts
- 3 cups hot cooked rice
- 2 tablespoons vegetable oil

Directions:

Cut **broccoli stalks** into $\frac{1}{4}$ inch pieces. Cut **flowerets** into $\frac{3}{4}$ inch pieces. Set aside. In a large skillet, heat **4 tbsp oil** over medium heat. Add cut **broccoli stalks, sliced onion** and **mushrooms**. Cook and stir until stalks are crisp-tender, 5-7 minutes. Add **2 tbsp oil**. When oil is hot, add **shrimp** and **broccoli flowerets**. Cook and stir 5-7 minutes longer. Spoon **Oriental Stir-Fry Mix** over vegetables. Stir gently until mixture thickens slightly. Gently stir in **bean sprouts**, cook 1 minute. Spoon mixture over cooked **rice**.

Makes 4-6 servings