

Pork Cabbage Stir Fry

Ingredients:

Serves 4-6

1 pound boneless pork
1 Tablespoon oil
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
4 carrots, scrubbed & thinly sliced
1 red or green pepper, sliced
3 cups green cabbage,
thinly sliced

1/2 cup cold water
1 Tablespoon soy sauce
1 Tablespoon cornstarch
1 teaspoon chicken bouillon
granules
Cooked brown rice



Directions:

1. Slice meat across the grain into thin strips, about 2" long.
2. Heat oil in fry pan.
3. Add meat, ginger and garlic. Stir fry over high heat, stirring often until lightly browned and cooked through.
4. Remove meat, cover and set aside.
5. Add carrots to pan. Stir fry until carrots are crisp tender. Add pepper (cook 2 minutes longer) then add cabbage.
6. In small bowl, mix water, soy sauce, cornstarch and bouillon.
7. Stir sauce mixture into cooked vegetables.
8. Return meat to fry pan with vegetables. Heat until sauce thickens.
9. Serve over brown rice.

Recipe from Eau Claire County Wi Nutritional Education
Program

University of WI, U.S. Dept. of Agriculture and WI
counties cooperating. UW-Extension provides
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ming including Title IX and ADA.



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