

Meat Stir Fry

What You'll Need A large pot or pan, a large spoon, measuring cups, measure spoons, a large spoon, 2 medium bowls

Preparation Time: 30 minutes

Cook time: 15 minutes

Ingredients:	Amount: for six
Caribou, musk ox or steak, sliced against the grain	1 pound
Soy Sauce	¼ cup
Vegetable Oil	1 teaspoon
Vegetable Oil	1 tablespoon
Onion	1 medium
Frozen Vegetables	1 pound or package
Corn Starch	1 tablespoon
Water	1 tablespoon
Rice	1 cup

Method:

Step 1: Prepare rice to package directions. **Step 2:** Mix soy sauce and a teaspoon of vegetable oil together. **Step 3:** Mix sliced meat and soy sauce/vegetable oil mixture together. Put aside. **Step 4:** Cut onion into long strips. **Step 5:** Mix corn starch and cold water together to make a paste. **Step 6:** Put 1 tablespoon of oil in a large pot or pan, and heat for 1 minute. **Step 7:** Add onion and meat. Stir often and cook until well done. **Step 8:** Add vegetables to pan. **Step 9:** Add cornstarch mixture to pan. Mix quickly. **Step 10:** Cook until sauce is thick.

Nutrition Facts:

Calories: 288 kcals

Fat: 6g

Carbohydrates: 29g

Protein: 29g

Sodium: 415mg

Fiber: 4 g