



## FROZEN VEGETABLE STIR FRY

October 1

World Vegetarian Day

### INGREDIENTS

- 1 Tablespoon Olive Oil
- Olive Oil Cooking Spray
- 32 Ounces Vegetables, Mixed, frozen Four way (corn, green beans, peas, and carrots)
- 3 Tablespoons Low Sodium Soy Sauce
- 4 Cloves Garlic (minced)
- 1 Teaspoon Minced Ginger
- 1 Sprinkle Crushed Red Pepper
- ¼ Cup Red Curry Sauce
- 10 Cups Cooked Brown Rice
- 1 Tablespoon Sesame Seeds (optional)
- Salt and Pepper (to taste)

### DIRECTIONS

1. Heat a large pan or wok over medium to medium-high heat. Add olive oil, then pour the frozen veggies into the pan.
2. Stir fry 5 minutes until the veggies are cooked through, add garlic, ginger, crushed red pepper, and soy sauce. Cook another 5 minutes until everything is combined.
3. Add the Red Curry Sauce to the veggies. Stir fry lightly on medium-low heat until the entire mixture is heated through (about 5 minutes).
4. Adjust seasonings as needed, and sprinkle sesame seeds on top, if using. Serve with brown rice.

### MEAL PATTERN CONTRIBUTION

- Grain
- Vegetable

### MEAL TYPE

Lunch/Supper

### YIELD

5 Cups Vegetables  
+ 10 Cups Rice

### PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup Vegetables + ¼ Cup Rice	¼ Cup Vegetables + ¼ Cup Rice	½ Cup Vegetables + ½ Cup Rice	½ Cup Vegetables + 1 Cup Rice