

STIR-FRIED PORK AND VEGETABLES WITH RICE

4 Servings of pork and vegetables, about 1/2 cup each. 4 Servings of cooked rice, about 2 cups each

Chicken broth, reduced sodium	2 cups
Hot water	2 cups
Rice, uncooked	2 cups
Vegetable oil	2 tablespoons
Broccoli cuts, frozen	2 cups
Carrots, cleaned, sliced thinly	1 cup
Onions, minced	1/4 cup
Garlic powder	1 teaspoon
Canned mushrooms, drained	1/2 cup
Ground pork	1 pound + 7 ounces
Soy sauce	4 tablespoons

PREPARATION TIME: 20 MINUTES

COOKING TIME: 25 TO 30 MINUTES

1. Heat broth and water to a boil in sauce pan; add rice and return to boil. Reduce heat to low and simmer until tender, about 15 minutes.

2. Heat 1 tablespoon of oil in skillet. Add broccoli, carrots, onions, and garlic powder. Cook until crisp-tender, about 5 minutes. Remove from skillet. Add mushrooms. Cook for 1 minute and set aside.
3. Heat second tablespoon of oil in skillet. Add pork; cook until pork no longer remains pink. Drain liquid.
4. Add soy sauce and stir until mixed; add vegetables to pork mixture. Cook until heated, about 1 to 2 minutes.
5. Serve pork mixture over cooked rice.

Note: Sodium level can be reduced from 799 milligrams to 532 milligrams by reducing soy sauce from 4 to 2 tablespoons.

PER SERVING:

Calories	860
Total fat	33 grams
Saturated fat	10 grams
Cholesterol	108 milligrams
Sodium	799 milligrams