

Nessa's Stir Fry

This recipe makes 4 servings



Ingredients

1 cup jasmine rice
2 cups water
1 medium onion, chopped
½ cup chicken broth
2 Tbsp soy sauce
Garlic and Onion powder to taste
1 pint canned mushrooms
1 - 8 oz can water chestnuts
1-2 cups frozen broccoli
1 - 12 oz bag of Kroger's Stir Fry Starters Vegetables with noodles

Directions:

1. Add 2 cups of water and 1 cup of rice to the Instant Pot. Set to high pressure and cook for 3 minutes.
2. Allow a natural release until the pressure drops completely.
3. In a Dutch oven over medium heat, cook the chopped onion for a few minutes until softened.
4. Deglaze the Pan: Pour in water, soy sauce, garlic powder, and onion powder, stirring to loosen any browned bits from the bottom of the pan.
5. Add mushrooms, water chestnuts, and broccoli to the pot. Stir and cook for a few minutes until the vegetables begin to soften.
6. Stir in Kroger's Stir Fry Starter and reduce heat to low. Continue cooking, stirring occasionally, until the rice is fully cooked and naturally released from the Instant Pot.
7. Add parchment paper to your tray. Pour stir fry onto the tray.
8. Place dividers (if you choose). We like to use 4 portions.
9. Pre-freeze when possible.
10. Freeze dry.
11. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

In a bowl, add boiling water to the stir fry & rice at a 1:1 ratio. Stir, cover and let sit for 5 minutes. It may take a little more water to reach the consistency you desire.

Notes:

This is a healthy vegetarian option for stir fry.

Nutritional Value Per 1 serving

Calories: 322 Protein: 11 g Fat: 1 g Carbohydrates: 69 g Sugar: 6 g Fiber: 10 g