

# Sweet Chili Vegetable Stir Fry

*This recipe makes 10 servings*



## Ingredients

1 red bell pepper  
1 orange bell pepper  
1 lb bag yellow squash  
1 lb bag snow peas  
1 lb broccoli  
2 - 8 oz cans of water chestnuts  
1 - 15 oz can stir fry corn  
½ cup soy sauce  
1 - 14 oz bottle PF Changs Chili Sauce  
or your Chili Sauce of choice

**This recipe was contributed by John In Bibs**

### Directions:

1. Chop the peppers and broccoli into bite size pieces.
2. In a large skillet, add ½ cup of soy sauce along with all of the vegetables. Cover and cook, stirring occasionally until hot clear through.
3. Add 1 bottle of Chili Sauce, and cook for a few more minutes.
4. Spread the mixture onto your parchment or silicone lined trays. Add dividers to make 10 total portions.
5. Pre-freeze until solid.
6. Freeze dry.
7. Store in one serving portions in mylar bags for long-term storage. (I added my stir fry to a Ziplock and stored it with my Chicken Fried Rice).

### Rehydration:

Add 1 cup of boiling water, stir, cover and let sit for 2 minutes. Stir and let sit for an additional 2 minutes. This is one serving. Serve with rice or your side of choice.

### Notes:

There are many ways to use this stir fry. Of course you can serve it over rice or noodles. But you can also use it in your morning scrambled eggs, roll it into a tortilla, or stir into your soups to add some nutrition.

### Nutritional Value Per 1 serving

Calories: 142 Protein: 5 g Fat: 0 g Carbohydrates: 31 g Sugar: 13 g Fiber: 5 g