

# Veggie and Rice Stir-Fry

**Makes:** 4 servings (1½ cups each)

## Ingredients

- 1 cup brown rice
- ½ pound broccoli, chopped
- 2 medium celery stalks, chopped
- 1 medium carrot, chopped
- 1 small jalapeño, minced
- 1 clove garlic, chopped
- 6 ounces boneless chicken pieces or firm tofu
- 2 Tablespoons + 2 teaspoons low-sodium soy sauce
- 1 Tablespoon brown sugar
- 1 Tablespoon cornstarch
- 2 Tablespoons canola oil
- ½ teaspoon ground ginger

## Directions

1. Cook rice following package directions. Set aside and cover.
2. If using chicken, remove any skin. Cut chicken into small pieces.
3. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.
4. In a medium skillet over medium-high heat, heat oil. Add ground ginger and chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
5. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5–7 minutes.
6. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes. Serve over warm brown rice.

**Total Cost:** \$4.72

**Serving Cost:** \$1.18

*\*Costs determined with chicken*

**Source:** Cooking Matters



## Nutrition Facts

4 servings per container  
**Serving size** 1 1/2 cups (191g)

Amount per serving  
**Calories** **340**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 47g **17%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 3g Added Sugars **6%**

**Protein** 16g

Vitamin D 0mcg **0%**

Calcium 59mg **4%**

Iron 2mg **10%**

Potassium 564mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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