



## Stir-Fry Pork

Stir-frying is a popular and efficient cooking technique that involves using a small amount of oil to pan-fry vegetable medleys, meats, and seasonings.

**Makes:** 6 servings     **Prep time:** 25 minutes  
**Cook time:** 50 minutes

### the INGREDIENTS

- ½ cup** brown rice, long grain, uncooked
- 17 tablespoons** water (1 cup 1 Tbsp)
- 1 tablespoon** cornstarch
- 1 tablespoon** soy sauce, low-sodium
- 1 cup** chicken broth, low-sodium
- 1 tablespoon** canola oil
- 1 cup** broccoli, frozen, chopped
- 2 cups** carrots, fresh, peeled, shredded
- ¾ cup** onions, fresh, peeled, ¼" diced
- 2 teaspoons** garlic powder
- 2 teaspoons** ginger root, fresh, grated  
(or 1 tsp ginger, ground)
- ½ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground
- 1 pound** pork, sirloin roast, fresh or frozen, ½" cubed
- Nonstick cooking spray

### the DIRECTIONS

1. Combine brown rice and 1 cup water in a small pot. Reserve remaining water for step 4.
2. Heat over medium–high heat to a rolling boil.
3. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
4. Make cornstarch mixture: In a small bowl whisk together cornstarch, remaining water, and soy sauce until smooth.
5. Make sauce: In a small pot, bring chicken broth to a boil over medium–high heat. Stir in cornstarch mixture. Cook and stir frequently until nectar thick, 5–7 minutes. Remove from heat, and set sauce aside.
6. Heat oil in a wok or skillet over medium–high heat.
7. Add broccoli, and sauté for 3–5 minutes or until thawed. Stir frequently.
8. Add carrots, onions, garlic powder, and ginger. Cook for 3 minutes or until vegetables become slightly tender. Remove from skillet, and set aside.
9. Season pork with salt and pepper.
10. Coat skillet with nonstick cooking spray and place over medium–high heat. Add pork, and brown for 10–15 minutes. Stir frequently. Heat to 155 °F or higher for at least 15 seconds.
11. Add vegetables and sauce to skillet. Cook for 2–3 minutes. Stir frequently. Heat to 140 °F or higher for at least 15 seconds.
12. Serve ½ cup stir-fry over ¼ cup rice.

Critical Control Point: Hold at 140 °F or higher.

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## NUTRITION INFORMATION

For ½ cup stir-fry over ¼ cup rice.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>180</b>
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<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	36 mg
<b>Sodium</b>	<b>334 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
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Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*Source:* Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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## CACFP CREDITING INFORMATION

½ cup stir-fry over ¼ cup rice provides  
1.5 oz equivalent meat, ¼ cup vegetable,  
and ½ oz equivalent grains.

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## CHEF TIPS

### Variation

If pork is frozen, defrost in the  
refrigerator 1 day for 1–5 pounds. Hold  
raw pork at 40 °F or lower.

