Stir Fried Vegetables with Beef, Chicken or Tofu  
Makes 6 servings (1 cup stir-fry, 1 cup rice)

**Ingredients:**
- 1 cup beef, chicken, or vegetable broth
- 2 tablespoons soy sauce
- 1 tablespoon corn starch
- 1 teaspoon garlic powder
- Pinch of pepper
- 1 tablespoon vegetable oil
- 5 cups sliced vegetables, fresh or frozen (celery, broccoli, zucchini, onions, green beans, carrots, peppers)
- 2 cups uncooked chicken or beef or 4 ounce firm tofu cut into bite size pieces
- 6 cups cooked brown rice

**Directions:**
1. Mix together broth, soy sauce, cornstarch, garlic powder and pepper. Set aside.
2. Heat oil in a skillet and add vegetables.
3. Cook 5 minutes over high heat; shake pan often.
4. Remove vegetables from pan.
5. Place beef, chicken or tofu in the skillet. Stir and cook uncovered over high heat until cooked thoroughly.
7. Pour broth mix over vegetable and tofu/meat. Stirring constantly, cook 2 minutes or until liquid thickens.
8. Serve immediately over cooked rice.
9. Refrigerate leftovers.

**Source:** Eating Smart Being Active Colorado State University and University of California Extension