

## **GARDEN VEGETABLE STIR FRY**

### **SAUCE:**

1 cup chicken broth  
2 Tbsp. cornstarch  
6 Tbsp. soy sauce  
Minced garlic

Mix above ingredients well.

6 cups vegetables cut on bias  
1 lb. raw meat cut against the grain  
2 Tbsp. oil

Cook meat in oil, add vegetables and cook until tender. Add sauce to the vegetables and stir until thickened. Serve over rice.

## **RICE**

3/4 tsp. salt  
1 tsp. butter or margarine  
2 cups water  
1 cup rice

Bring water, salt and butter to a boil. Add rice slowly, stirring constantly. Cover tightly. Reduce heat to low and cook for 20 minutes.

If time is a factor use Minute Rice and follow directions on the package.