

## **ORIENTAL STIR FRY**

1 tbsp. sesame oil	1 tbsp. vegetable oil
1 chicken breast, cubed	2 carrots, sliced
1/2 bell pepper, chopped	1 cup broccoli, sliced
1/4 cup onion, chopped	1/4 cup soy sauce
salt and pepper	1/4 package tofu cut into small cubes

Add oils to hot wok, immediately add chicken. Cook chicken until brown, stirring often. Add onion and bell pepper, cover and cook for 30 seconds. Add carrots and cover for 2-3 minutes. Add celery, broccoli and tofu and cover. Cook for another 2-3 minutes. Add soy sauce. Cover and cook until vegetables reach a crispy and desired tenderness. Serve plain or on rice or noodles.

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## **ORIENTAL NOODLE SOUP**

1 package Ramen Oriental Noodle Soup  
4 cups water  
1-2 chicken bouillon cubes  
1 cup small cubed tofu  
1 (8 oz.) can mushrooms (drained)  
2 cups vegetables of choice  
(16 oz. canned green beans, drained, 16 oz. canned whole kernel corn drained, fresh broccoli divided into small florets, etc.)

Bring water to boiling. Add noodles and boil uncovered 3 minutes, stirring occasionally to loosen noodles. Stir in dry soup base and bouillon cubes. Add vegetables and tofu. Simmer for 10 minutes or until fresh vegetables are tender.