

Pork & Veggies Stir Fry

Lean pork, veggies, spices, and rice all combined to make a nutritious stir fry! Peppers are good sources of Vitamin A, vitamin C, and potassium. The lean pork provides lower fat but rich in protein that contains thiamin, selenium, protein, niacin, vitamin B-6 and phosphorus, and a good source of zinc, riboflavin and potassium. Of course, you can't forget the carbs to round out the dish, so the rice comes to the rescue!

Ingredients:

1 tsp	Avocado oil
1 tsp	Chopped green onion
1 tsp	Minced ginger
6 oz	Lean ground pork (measured raw)
1 tsp	Cooking wine
½ cup	Chopped mushrooms
½ medium	Potato (I used an Idaho potato), cubed in ~1" cubes
1 tsp	Reduced sodium soy sauce
½ tsp	Oyster sauce
2 tbsps	Sliced jalapenos
¼ cup	Sliced red bell pepper
To taste	Pepper
¾ cup	Cooked Rice (I used a brown rice)

Directions:

1. Prep the veggies according to ingredient list (cube the potatoes; slice the jalapenos and bell pepper; chop the mushrooms and green onion). If the rice is not cooked, now is a good time to get that started (use package instructions) unless you got the instant rice! The instant rice only takes a few minutes or so- in that case, start cooking rice at step 5.
2. Heat avocado oil in a stir-fry pan or deep skillet over medium-high heat.
3. Add green onions and ginger, cook and stir for about 1 minute.
4. Add ground pork and cooking wine, cook until pork turns light brown and no pink remains.
5. Toss in sliced mushrooms and potato cubes, stir fry for another 2 minutes. Remember to start cooking your instant rice at this point.
6. Add soy sauce and oyster sauce, sliced jalapenos, red peppers, and black pepper. Stir until combined and cook for another 3-4 minutes. Add a small amount of water if it gets dry.
7. Toss in cooked rice until well combined.
8. Enjoy 😊

Servings: 1
Serving size: 1 whole recipe

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Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	467.4 kcal	23 %
Total Fat	13.2 g	20 %
Saturated Fat	3.4 g	17 %
Trans Fat	0.1 g	
Cholesterol	100.3 mg	33 %
Sodium	583.3 mg	24 %
Total Carbohydrate	46 g	15 %
Dietary Fiber	4.2 g	17 %
Sugars	3.5 g	
Protein	41.3 g	83 %
Vitamin A	4 % • Vitamin C	4 %
Calcium	5 % • Iron	15 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>