



SESAME STIR FRY

SUBMITTED BY: SARAH HARKER

Ingredients:

Whatever vegetables you have fresh from the garden. (I recommend carrots, zucchini, green beans, snap peas, squash, onion, or pumpkin) You can have as much veggies as you like, but the amount of sauce you make may need to be adjusted.

1 pound meat of choice, cut into 1"x3" thin strips (could do without meat for a vegetarian dish)

Rice of choice, cooked according to package instructions (1 cup of rice uncooked will yield about two servings)

Sauce:

2 T brown sugar

2 T soy sauce

1 T vinegar (we use balsamic)

1 1/2 t sesame oil

3/4 T flour

1/8 t ground ginger

dash of red pepper flakes (or 1/4 t hot sauce -- more if you like it spicy!)

Instructions:

Cook rice according to directions. Chop veggies as desired (I prefer 2" long sticks, myself). Process meat.

Whisk all sauce ingredients in small bowl, set aside.

Heat 2 T sesame oil in sauce pan. When hot, add meat to pan and cook thoroughly, ~5-7 minutes. Set aside.

In same pan, add chopped veggies. You may need to add more oil to prevent sticking. Saute to desired consistency, less time for more crunchy vegetables. When cooked to satisfaction, remove pan from heat and return meat to pan, mixing with veggies. Stir in sauce (if you have extra, you can use it to pour over dish at serving).

Serve over rice, garnished with sesame seeds if desired.