



Vegetable and Shrimp Stir Fry

Prep time: **10** MINUTES

Cook time: **30** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size 1/4 recipe (404g)

Amount per serving
Calories 570

% Daily Value*

Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 760mg	33%
Total Carbohydrate 75g	27%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 961mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 1 1/2 cups brown rice
- 2 medium carrots
- 1 medium zucchini
- 1 cup mushrooms
- 1 medium red bell pepper
- 1 cup snow peas
- 1 clove garlic
- 3 tablespoons olive oil
- 1/2 cup low sodium vegetable broth
- 3 tablespoons reduced-sodium soy sauce
- 1 pound medium raw shrimp (deveined with tails attached)
- 2 tablespoons honey
- 1 tablespoon cornstarch
- 1/2 teaspoon ground ginger
- 1 tablespoon sesame oil
- 1 teaspoon paprika (optional)
- 1/4 teaspoon salt
- 1 teaspoon ground black pepper

Recipe adapted from USDA Mixing Bowl





Instructions:



1. Cook rice

Rinse rice with water and drain. Combine rinsed rice and 3 cups water in a medium pot. Bring to a boil over medium-high heat. Reduce heat to medium-low and cover. Simmer for 20 minutes or until the water is absorbed.



2. Prep

Rinse vegetables. Peel carrots and garlic. Cut the carrots, mushrooms, and zucchini into slices. Cut the zucchini slices and the snap peas into halves. Slice the bell pepper into thin strips and mince the garlic. Set aside.



3. Make soy sauce mixture

Whisk together vegetable broth, soy sauce, honey, cornstarch, ground ginger, and $\frac{1}{4}$ cup water in a small bowl. Set aside.



4. Cook shrimp

Heat 1 tablespoon olive oil in a large skillet on high heat. Add shrimp and occasionally stir until cooked (about 5 minutes until shrimp are pink and opaque). Remove from skillet and set aside.



5. Cook vegetables

Heat 2 tablespoons olive oil in a skillet on high heat. Add minced garlic and sauté until fragrant. Add vegetables, salt, and ground black pepper. Continue to cook for 3 to 5 minutes.

6. Final touches

Add cooked shrimp to cooked vegetables. Pour soy sauce mixture in skillet and stir. After 2 minutes, add sesame oil and paprika. Serve stir fry over brown rice.

Did you know ?

- » Easily mince garlic by pressing down with a metal fork.
- » The smaller the shrimp, the less the cooking time required.

Try these tips!

- » Add frozen vegetables when fresh ones aren't available!
- » Love the sauce? Use the recipe again for chicken or tofu!