

Frozen Vegetable and Protein Stir-Fry

Sauce:

- 1/4 cup soy sauce
- 2 tablespoon brown sugar or honey
- 2 teaspoons garlic, fresh
- 4 teaspoons peanut butter
- 2 teaspoons olive oil

Stir fry:

- Protein of choice (eg. Chicken, tofu, legumes, ground meat)
- 1 (16 ounce) package frozen mixed vegetables

1. Combine soy sauce, brown sugar, garlic powder, and peanut butter in a small bowl, set aside.
2. Heat oil in a large skillet over medium heat; cook and stir protein*, then add frozen vegetables until just tender, 5 to 7 minutes.
3. Remove from heat and fold in soy sauce mixture.

**if using beans or tofu, add them after the frozen vegetables are cooked.*