### Main Dishes

*All recipes make about 4-6 servings*

#### Asian Stir Fry

- **Ingredients:**
  - Brown Rice – 4 servings
  - Shrimp or Chicken – 1 lb
  - Frozen Vegetables – ½ bag
  - Soy Sauce (reduced sodium) – ½ T
  - Garlic – 3 cloves (chopped)
  - Ginger – 1 T (chopped)
  - Stir Fry Seasoning (optional)
  - Hoisin Sauce – 1 T
  - Sesame Oil – ¼ t (top each plate right before serving)
  - Peanuts – ¼ C (chopped)

- **Directions:**
  1. Cut thawed chicken breasts into 1 inch cubes
  2. Heat 1 Tablespoon Olive Oil in pan - place chicken cubes in pan
  3. Season chicken cubes with salt and pepper while they are in the pan
  4. Cook chicken until no longer pink and juices run clear - about 7 minutes - set aside
  5. Chop garlic, ginger, and peanuts - set aside
  6. Cook rice according to package instructions
  7. Add frozen vegetables and garlic to the pan the chicken was cooked in and cook for 4 minutes
  8. Return chicken cubes to pan while keeping the vegetables in the pan
  9. Add rice to pan once it is finished cooking
  10. Add soy sauce, hoisin sauce, and peanuts to the pan
  11. Cook for an additional 2 minutes, take off heat, and let cool 1 minute
  12. Serve immediately and top each dish with 1/4 teaspoon sesame oil

#### Homestyle Chili

- **Ingredients:**
  - Ground Turkey (93/7 or 95/5) – 1 lb
  - Celery – 3 stalks (chopped)
  - Onion – 1 medium whole (chopped)
  - Green Pepper – 1 Whole (chopped)
  - Red Pepper – 1 Whole (chopped)
  - Garlic – 5 cloves (minced)
  - Tomato Sauce – 1 can (15 oz)
  - Chili Beans – 1 can
  - Black Beans (reduced sodium) – 1 can
  - Crushed Tomatoes – ¾ can (28 oz)
  - Hot Sauce of choice - to taste
  - Chili Powder - 1.5 T
  - Salt – to taste
  - Pepper – to taste
  - Jalapeno - 2 (diced)

- **Directions:**
  1. Heat 1/2 T olive oil in cooking pan - once heated, place ground meat into the pan
  2. Season the meat with 1/4 t salt, 1/4 t pepper, 1/2 t chili powder, and 5 garlic cloves
  3. Stir the seasonings into the meat and cook about 8 minutes.
  4. While meat is cooking, heat a large cooking pot over medium heat and sweat the celery, onion, and peppers for about 10 minutes
  5. Add all other ingredients to the large cooking pot and stir around to distribute the ingredients
  6. Add the cooked ground meat to the cooking pot and add the remaining seasonings
  7. Reduce heat to medium-low and simmer for 30 minutes

*Alternative cooking method: place all ingredients into a crockpot and cook on medium or low temperature for 6-8 hours.*

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**Homestyle Chili**

- **Cost:** $15.00  ($2.50/serving)
- **Calories/serving:** 340 calories

**Asian Stir Fry**

- **Cost:** $10.00  ($2.50/serving)
- **Calories/serving:** 400 calories