
























EASY GLUTEN FREE STIR FRY (pg. 1)

STEP	INGREDIENTS	PROCEDURE
1	  Olive oil 2 Tablespoon   sesame oil 1 teaspoon 	<p>In the skillet , heat oils over medium heat</p> 
2	 onion  peppers  Broccoli  zucchini    <p>You may use any vegetables you like or frozen vegetables</p>	<p>Cut vegetables into small pieces. Add vegetables to oil and cook for 3-4 minutes, stirring often.</p>  <p>Remove vegetables into a bowl</p> 

STIR FRY (pg.2)

STEPS	INGREDIENTS	PROCEDURE
3	 <p>PORK TENDERLOIN (Or any other kind of meat Chicken, shrimp etc.)</p>  <p>Cutting board</p>  <p>knife</p>	<p>Cut pork tenderloin into small pieces.</p> 
4	 	<p>Add pork to skillet and cook 3-4 minutes or until lightly browned</p> 
5		<p>Add vegetables to pork and cook for 2-3 minutes until slightly softened, but still crispy</p> 

SAUCE (PG. 3)

6



1 cup chicken broth
(gluten free)



½ teaspoon powdered
Ginger (Gluten free)



½ teaspoon garlic
powder



2 Tablespoons
cornstarch



Soy sauce

Tablespoon



Pork mixture



Combine sauce ingredients
in a bowl.



Add sauce to pork mixture
in the pan



Bring sauce to a boil, then
reduce heat to medium &
simmer for 4 minutes, or
until sauce thickens.



Serve over rice

