

TERIYAKI RICE BOWL

- 2 tsp. cooking oil
- ¾ lb. boneless chicken, beef, or pork, cut into strips
- 2 cloves garlic, minced or ¼ tsp. garlic powder
- 2 cups water
- ½ cup low-sodium teriyaki or soy sauce
- 2 cups uncooked instant brown rice
- 1 14 to 16-ounce package frozen stir-fry vegetables



1. Heat oil in large nonstick skillet on high heat. Add chicken or other meat and garlic. Cook and stir 5 to 10 minutes
2. Add 2 cups water and the teriyaki sauce; stir. Bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover. Simmer 5 minutes.
3. Stir in frozen vegetables. Heat until vegetables are hot, about 5 minutes
4. Let stand 5 minutes. Fluff with fork.

Makes 6 servings, 1 cup each