

Stir-Fry Recipes

Our latest free cookbook, "Stir-Fry Recipes" is a collection of member submitted recipes that will rival your favorite take out creations. With some basic ingredients and a little imagination, you will be sure to win the praise of your family and friends. Try one of the recipes out tonight, it is easier then you might think.

Beef Stir-Fry



A delicious stir-fry recipe that you can make without a wok.

Plum Chicken Stir-Fry



Scrumptious chicken and vegetables in yummy plum sauce!

Ramen Stir Fry



A very quick and inexpensive dinner. that can be made on the stove top, electric skillet or microwave.

Minestrone Stir Fry



This is a tasty vegetarian dish with a splash of imagination.

Sweet & Sour Chicken Stir-Fry

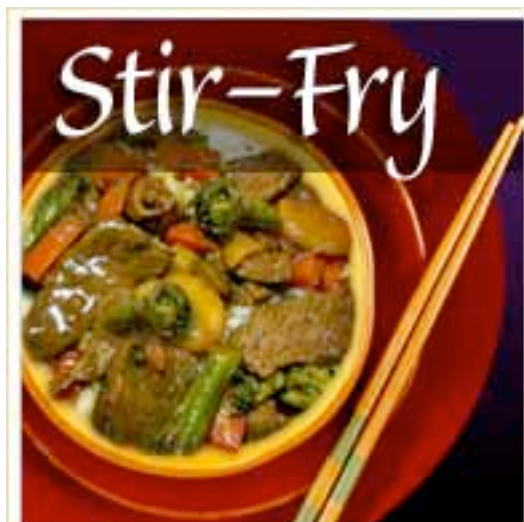


Enjoy a taste of the Orient with this quick stir-fry.

Shrimp Stir Gumblette



A mix between oriental stir-fry and soul food gumbo. Perfect for the melting pot culture of America!



Tips for cooking stir-fry

1. Make sure you have all the ingredients cut and ready before you start cooking.
2. For best results, cut all the ingredients into bite size pieces
3. Make sure your wok is properly heated before cooking. You will want to preheat your wok over medium to high heat before you add any oil or vegetables
4. Make sure all ingredients are pre-washed and patted dry to avoid any excess water splattering with oil.

Beef Stir-Fry

By Christina

A delicious stir-fry recipe that you can make without a wok.

Ingredients

- 1 lb top round steak cut into thin slices
- Salt and Pepper
- 2 tbsp olive oil
- 16 oz frozen oriental vegetables
- 8 Tbsp cooking wine or sherry
- 8 Tbsp low sodium soy sauce
- 4 Tbsp brown sugar
- 2 Tbsp corn starch water

Directions

Heat oil in skillet. Add beef and season with salt & pepper. Cook until almost done. Add frozen veggies and cover. Turn heat to medium low and cook until veggies are soft. While meat and veggies are cooking, mix wine, soy sauce and brown sugar in a medium sauce pan and mix well. Cook over medium heat for 5 minutes. Mix cornstarch with water to form a runny paste. Turn up heat to medium high and add cornstarch mixture to wine mixture stirring constantly until thick. Once veggies are soft, pour thickened wine mixture over meat and veggies and mix well. Serve over white rice.

Prep Time: 10 Min

Cook Time: 30 Min

Total Time: 40 Min

Servings: 4

Minestrone Stir-Fry

By Paula Trombetta

This is a tasty vegetarian dish with a splash of imagination.

Ingredients

- 4 ounces spaghetti
- 2 tablespoons cooking oil
- 2 carrots, thinly sliced
- 1 medium onion, chopped
- 1 stalk celery, sliced
- 1 clove garlic, minced
- 2 cups chopped cabbage
- 2 zucchini, thinly sliced
- 1 8 ounce can tomato sauce
- 1 teaspoon dried basil, crushed
- 1/4 cup grated parmesan cheese

Directions

Cook spaghetti according to package directions, drain well and keep warm. Meanwhile, heat wok on high heat and add oil. Stir fry carrots, onions, celery and garlic for 5 minutes. Stir in cabbage, zucchini, tomato sauce and basil into wok. Bring to a boil. Reduce heat, cover and simmer 8-10 minutes or till veggies are crisp/tender. Stir occasionally. Add spaghetti to wok and toss gently. Sprinkle with parmesan and serve.

Prep Time: 20 Min

Cook Time: 30 Min

Total Time: 50 Min

Servings: 4

Plum Chicken Stir Fry

By Pamela Terpin

Scrumptious chicken and vegetables in yummy plum sauce!

Ingredients

- 2 chicken breasts (cut into strips)
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 large onion
- 1 cup sliced mushrooms
- 1 green pepper sliced thin
- 4 fresh garlic cloves minced
- 1/4 tsp fresh ginger
- 1/2 cup plum spread or jelly
- 1/4 cup light soy sauce or tamari
- 2 Tbsp corn starch mixed with 1 cup water

Directions

Add 2 Tbsp. of oil into wok or large pan and sauté until done. Add onion, garlic, carrots, celery, mushrooms, and green peppers and sauté until everything is tender. Next, add plum spread and soy sauce- making sure to stir well. Now, add corn starch mixture and stir until sauce thickens (for about 2 minutes). This tastes great over Jasmine rice.

Prep Time: 15 Min

Cook Time: 15 Min

Total Time: 30 Min

Servings: 3

Sweet & Sour Chicken Stir-Fry

By Jenine Soucoup

Enjoy a taste of the Orient with this quick stir-fry.

Ingredients

- 1-2 lbs chicken breasts cut in strips
- 2 green peppers
- 2 red peppers
- 1 can chunk pineapple
- 1 cup orange juice
- 2 Tbsp soy sauce
- 1/2 cup brown sugar
- 1 Tbsp cornstarch
- 1 small bag snow peas
- 1 tsp ground ginger
- Rice or Chinese noodles

Directions

Sauté chicken and peppers until tender. Add peas and simmer. In a separate pan, blend together soy sauce, orange juice, ginger and brown sugar. Heat until sauce comes to a boil. Add cornstarch mixed with a little water. Blend until thickened. Add sauce to chicken mixture. Serve over/with rice or Chinese noodles.

Prep Time: 10 Min

Cook Time: 20 Min

Total Time: 30 Min

Servings: 2

Ramen Stir-Fry

By Amy Gibson

A very quick and inexpensive dinner. You can make this dish to your liking. Sometimes I add red pepper flakes for a spicier stir fry. This can be made on the stove top, electric skillet or microwave.

Ingredients

- 2-3 Tbsp. oil
- soy sauce
- garlic (optional)
- 1 or 2 bags frozen stir fry vegetables
- 1 lb chicken, beef or turkey breast
- 3 package ramen noodles flavored w/ whichever meat you are choosing; cooked

Directions

Sauté meat in oil, garlic and soy sauce. Add the vegetables and cook till warmed through. Add the cooked ramen noodles and sauté till hot, adding soy sauce and any seasonings to taste. You can add any vegetable combinations and season it up any way you like as well.

Prep Time: 10 Min

Cook Time: 20 Min

Total Time: 30 Min

Servings: 4

Shrimp Stir Gumblette

By Amanda Moore

A mix between oriental stir fry and soul food gumbo. Perfect for the melting pot culture of America!

Ingredients

- 1 c. Shrimp
- 1 c. rice or noodles

SAUCE:

- 1/4 c. orange juice
- 1/4 c. pineapple juice
- 1/2 tsp. ginger
- 1/2 c. brown sugar
- 2 Tbsp. soy sauce
- 1 Tbsp. teriyaki sauce
- 1 tsp. Worcestershire sauce
- 1/2 tbsp. seasoned salt
- 1/4c. Honey BBQ sauce
- dash of red pepper
- dash of chili powder

Directions

In a saucepan, add all of sauce ingredients and bring to a boil, stirring constantly. Turn down to medium heat and add cornstarch mixture to thicken, cool. Place uncooked peeled shrimp in a frying pan and pour sauce mixture over shrimp. Cook shrimp in sauce on medium until shrimp is fully cooked. In a separate pot, cook rice or noodles and pour shrimp and sauce over rice or noodles for the finish. Tips: Use less sauce and add fried eggs or bell peppers for a more intriguing taste!

Prep Time: 15 Min

Cook Time: 20 Min

Total Time: 35 Min

Servings: 4