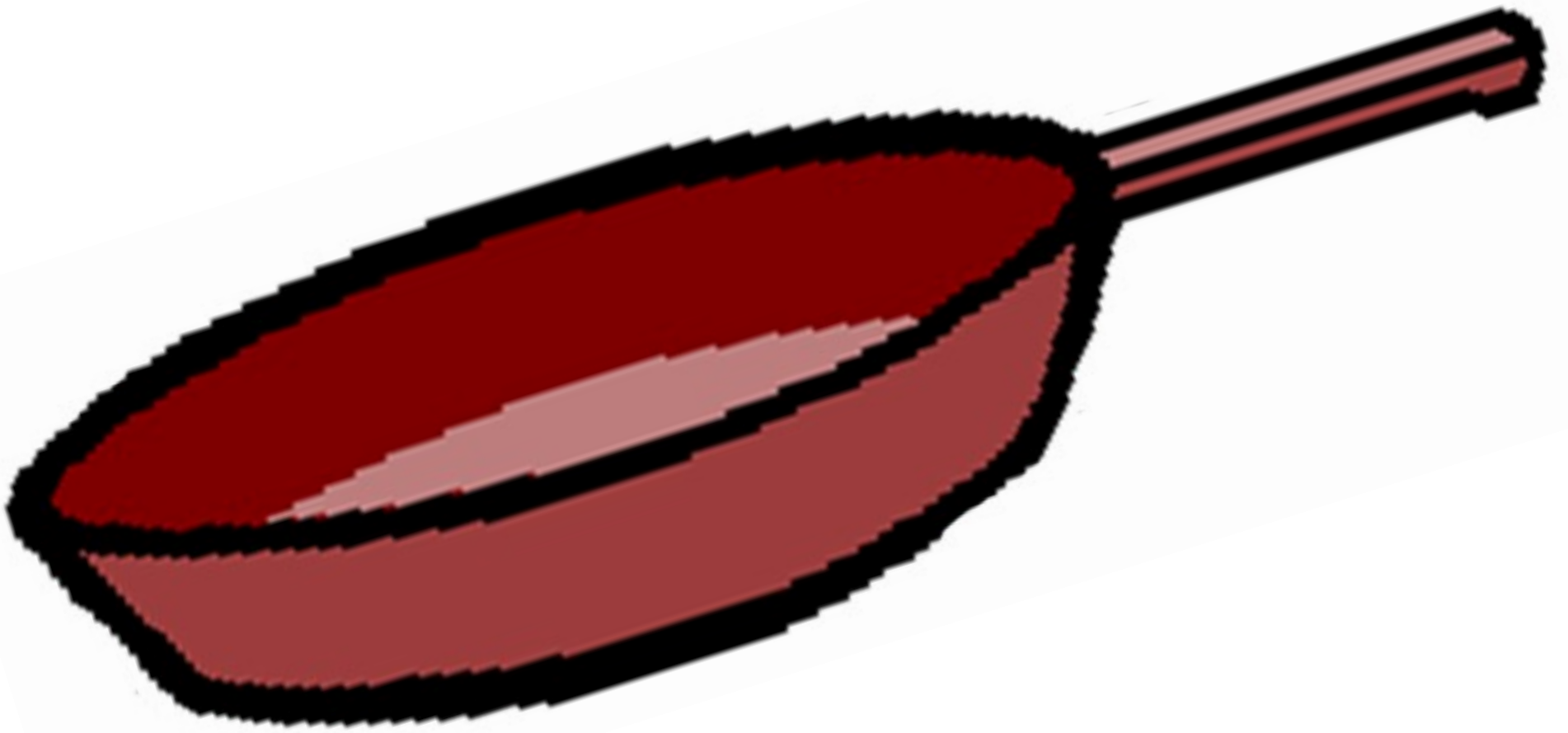


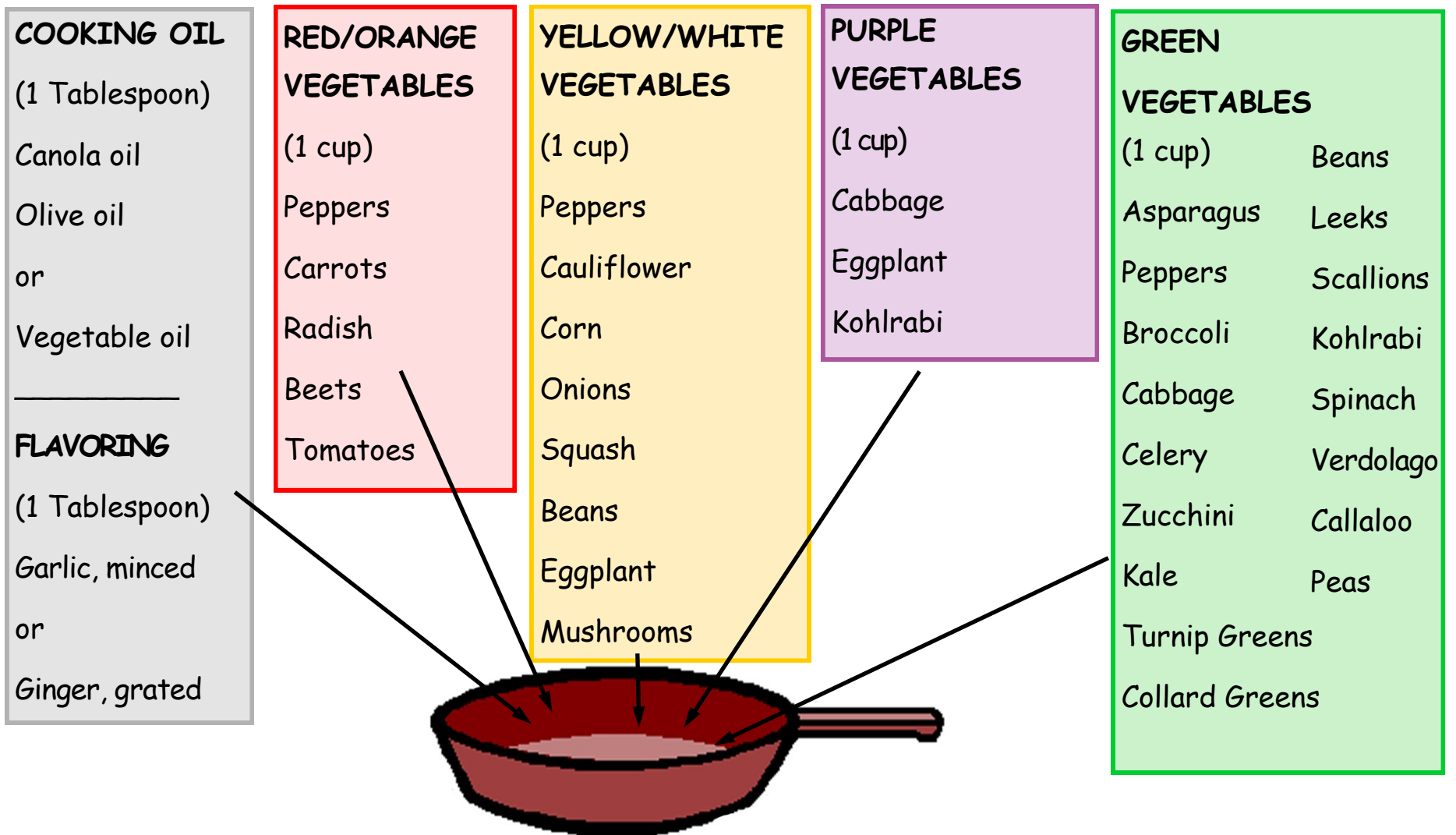
# Stir Fry - Sauté



**Sofritos**

**Salteadas**

# How many different vegetables can you put into stir fry?



1. **GET READY!** Choose one or more vegetables from each color group.

**Size matters! Cut vegetables into thin slices 1 to 2 inches long**  
 Small vegetable pieces don't overcook in stir-fries. They stay firm and pick up flavor on all sides.

2. **GET THE PAN HOT!** Heat oil in a large skillet over medium heat.

Add garlic or ginger.

3. **ADD VEGETABLES and STIR!** Add harder vegetables first (carrots, cabbage, kale, collards, onions, peppers, others).

Cook for 6-8 minutes, stirring while you cook.

Add more delicate vegetables (such as tomatoes, spinach, mushrooms, fresh corn).

Cook and stir for 3 more minutes.

4. **ADD FLAVOR!** Choose 1 to 2 seasonings/herbs to create different tastes.

5. **STEAM BRIEFLY!** Cover pan, lower the heat, and allow to cook for 2-3 minutes until vegetables are tender, and leafy vegetables are wilted. If the stir-fry is getting dry, add 2 Tablespoons of water (or try 1 Tablespoon of lite or low sodium soy sauce along with the water).

6. **ADD VARIETY!** Choose 1 or more flavorful additions create different recipes.

Add 1-2 minutes before removing from heat.