



# *Simple Stir Fry*

## **Ingredients**

12 oz. bag frozen stir fry vegetables

9 oz. precooked chicken strips

1/4 cup bottled stir fry sauce

Instant brown rice

## **Instructions**

- Heat a large, lightly oiled pan over medium-high heat.
- Add frozen vegetables to pan, and stir fry for 5-7 minutes, or until desired tenderness is almost reached.
- Add in precooked chicken and stir fry sauce (can use more or less depending on personal preference).
- Serve over microwavable brown rice, prepared according to package instructions.

Makes about 4 servings