

Stir Fry

2-3 tablespoons of fat/oil (olive oil, lard, tallow, coconut oil, etc.)

2 cups of diced vegetables (summer squash, carrots, bell pepper, broccoli, mushrooms)

2 cups of faster cooking vegetables (turnip or radish greens, collards, cabbage)

¼ cup soy sauce

1 T. minced garlic, or to taste

1-3 t. grated fresh ginger root, or to taste

¾ lb. of cooked, diced meat (optional)

2 ½ cups cooked long-grain brown rice (or any other grain that you prefer)

2 cups loosely packed greens (arugula, spinach, lambsquarters, or any other greens that you prefer)

4 scallions, chopped

Heat oil in a large wok or skillet over high heat. Add diced vegetables; sear ingredients and continue cooking for a couple of minutes; add faster cooking vegetables and cook until nearly done, stirring frequently and adding soy sauce as needed to keep from sticking.

Add garlic and ginger and cook until fragrant; stir in diced meat (optional) and brown rice, cook until heated through.

Remove skillet from heat and stir in greens and scallions. Serve immediately.