

Garlic Pork Stir-Fry Freezer Meal

Prep Time: 15 mins | Cook Time: 15 mins

Serves: 4-6

Ingredients

1 1/2 to 2 pounds pork loin

6 tablespoons soy sauce

2 tablespoons white wine vinegar

1 1/2 teaspoons sugar

2 teaspoons minced garlic

1/4 teaspoon crushed red pepper flakes

1 onion, cut into 2-inch pieces or diced

1/2 large green bell pepper, cut into 2-inch pieces or diced

1/2 large red bell pepper, cut into 2-inch pieces or diced

2 teaspoons vegetable oil

1/2 cup cornstarch

Instructions

Rinse and trim pork loin as desired. Cut pork into about 1-inch cubes.

In a medium bowl, whisk together soy sauce, vinegar, and sugar. Whisk in the garlic and crushed red pepper.

Preparing For the Freezer:

Place cubed pork into a 1-quart freezer bag, remove air, and seal. Sauce goes into a 1-quart freezer bag too. Place the chopped onions and bell peppers into a 1-quart freezer bag as well. Then put each of the three quart freezer bags into a gallon-size bag, seal, and freeze. (Keep the oil and cornstarch on hand for when you decide to cook the meal.)

Prepare after Freezing:

Completely thaw in the refrigerator.

Pour off and discard any liquid from the bag of pork. Add 1/2 cup cornstarch to the bag; seal bag and shake to coat the meat.

In a large skillet, heat the oil over medium-high heat. Add pork and stir-fry until cooked, about 10 minutes. Add vegetables and sauce. Stir-fry until vegetables are tender and crisp. Serve with rice, if desired.



Nutrition Facts: per serving: Calories 350, Total Fat 18g, Total Carbohydrates 15g , Protein 28g