

Easy Ground Pork Stir Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-pork-indian-recipe>

Ingredients:

- 1 cup brown rice uncooked
- 1/2 pound ground pork or beef, or turkey, or chicken - any ground meat will do!
- 1 1/2 cups mushrooms cut into chunks or slices
- 1/2 medium onion sliced into wedges
- 1 cup carrots julienned, or cut into match sticks, I used a julienne peeler
- 3 tablespoons fresh ginger grated
- 2 cloves garlic minced or grated
- 3 cups bok choy leafy greens -, spinach, kale, collards, etc., I used half bok choy and half spinach, which came to \$1.50
- 3 tablespoons soy sauce divided
- 1/2 tablespoon vinegar I use rice wine vinegar, but white or apple cider should do
- 1/2 teaspoon chili powder or red pepper flakes
- sesame seeds optional
- green onions optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 770 milligrams
9. Sugar: 4 grams

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