



## Chef Carol D's Pork Stir Fry

Serves 4-6

### Ingredients:

- 1 cup low-sodium reduced fat chicken broth
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons corn starch
- 1 pound boneless pork
- 1 tablespoon sesame oil, divided
- 2 tablespoons fresh ginger
- 1 cup sliced mushrooms
- 1 small sliced onion
- 4 cups chopped broccoli
- 8 asparagus spears cut into 1 inch pieces
- 1 large red pepper cut into 1 inch pieces
- 1 cup cherry tomatoes, sliced in half



### Directions:

Mix chicken broth, soy sauce and cornstarch; set aside.

Cut pork into 1 inch size pieces and sauté in ½ tablespoon sesame oil until brown and not pink in color. Remove from pan and keep warm.

Blanch asparagus and broccoli; bring a small amount of water to a boil, then add asparagus to boiling water, remove asparagus after 1 minute and place into an ice water bath for approximately 30 seconds to stop cooking process. Repeat for broccoli, then set asparagus and broccoli aside.

Heat ½ tablespoon sesame oil in same pan used for pork; add ginger stirring constantly until fragrant, about 1 minute. Add mushrooms and onion; sauté about 5 minutes; add red pepper and cherry tomatoes and cook about 10 minutes more.

Pour chicken broth mixture into vegetables & bring to boil, stirring until sauce thickens. Add pork, asparagus and broccoli into pan, stir & serve.

Serve over rice with a green salad!