



Sweet and Sour Pork Stir-Fry

Ingredients

- 1 tablespoon avocado oil
- 1 cup frozen Heartland Foods organic broccoli florets
- ½ c. carrots, thinly bias-sliced
- ½ medium red bell pepper, seeded and cut into 1-inch pieces
- ½ small red onion, cut into 1-inch pieces
- ½ recipe Seasoned Pork, (4 servings)
- 12 ounce bottle sweet and sour sauce
- ½ cup water
- 1 teaspoon fresh ginger, peeled and grated
- Hot cooked rice, for serving
- Sesame seeds, for garnish

Directions

- 1.Heat 1 tablespoon oil in a large skillet over medium-high heat.
- 2.Add broccoli and carrots; stir-fry 1 minute. Add yellow and red bell peppers and onion; stir-fry 2 to 4 minutes or more or until vegetables are crisp-tender.
- 3.Add cooked Seasoned Pork to the vegetables in skillet.
- 4.Stir in sweet and sour sauce, water, and ginger.
- 5.Cook over medium heat until heated through (165 degrees).
- 6.Serve with hot rice. Garnish with sesame seeds, if desired.



Start with our basic recipe for Seasoned Pork. The best part is? You can easily double this recipe, store in the fridge, or even freeze it for a quick weeknight meal.