

Teriyaki Turkey Stir-Fry - Guiding Stars

Cook Time	Servings
30 minutes	4

Learning how to make your own lower-sugar teriyaki sauce is a great way to spice up any meal. Swap in fish or chicken breast in place of the turkey or swap out the vegetables for your family's favorite. Not a fan of soba noodles? Go for brown rice or quinoa. Use this recipe as a template to discover a simple template for making a range of delicious stir-fries in short order.



Ingredients

- 1/4 c. low-sodium soy sauce
- 1/4 c. water
- 2 T. red wine vinegar
- 2 T. brown sugar
- 1 t. ground ginger
- 4 t. garlic, minced
- 1 T. cornstarch
- 2 T. warm water
- 1 T. vegetable oil
- 1 c. diced onion
- 2 T. minced garlic
- 1 lb. ground turkey
- 2 c. broccoli, chopped
- 4 carrots, peeled and grated
- 2 green onions, sliced
- 8 oz. buckwheat soba noodles

Directions

1. Mix soy sauce, 1/4 cup water, vinegar, sugar, ginger and half of garlic in a small saucepan over medium heat. Whisk constantly until sugar is dissolved.
2. In a small bowl, whisk together 2 tablespoons warm water with cornstarch until well combined. When sauce reaches a full boil, reduce the heat to medium-low. Slowly whisk in cornstarch mixture and simmer until thick. Remove from heat and set aside.
3. Heat vegetable oil in a large skillet over medium-high heat. Add onions and cook until translucent. Add turkey and garlic and cook until turkey is just cooked. Add carrots and broccoli and cook until vegetable reach desired texture.
4. Pour teriyaki sauce into the skillet and stir to coat. Turn the heat to low and simmer while you cook the noodles according to package directions.
5. Serve stir-fry mixture over noodles, hot and garnished with green onions.

Nutrition Facts

Serving Size: Calories: 0 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbohydrates: 0g Fiber: 0g Sugars: 0g Protein: 0g Vitamin A: % Vitamin C: % Calcium: % Iron: %

Recipe by Guiding Stars at <http://guidingstars.com/recipes/teriyaki-turkey-stir-fry/>

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