

Quick Stir Fry ... Anything

It's time to begin cleaning last season's harvest from your freezer as you prepare for the hunting and fishing ahead. These recipes are simple and delicious.

Hunters and anglers are especially blessed because our freezers are full of the healthiest, most delicious protein in the world – wild game and fish collected on our hunts. Actually, we are doubly blessed because not only can we enjoy the harvest, we had fun and made memories in the field while we were collecting the meat.



INGREDIENTS

- 1 lb. wild turkey breast, cut into approximately 3/4-inch cubes or 1/2-inch strips
- 1 bag of frozen stir fry vegetables (use your favorite blend)
- 3 Tbsp. salad oil
- 1/2 medium onion, diced
- 2 cloves fresh garlic, minced
- 1 small can of mushroom stems and pieces
- 3/4 cup chicken stock
- 1 Tbsp. corn starch
- 2 Tbsp. soy sauce
- salt and pepper to taste

DIRECTIONS:

We used turkey breast for this recipe – this time – but the secret is you can use about any kind of game meat from turkey or pheasant to venison to wild hog. Just cut the meat into small pieces so it will cook quickly.

1. Heat skillet to medium high heat, add 2 Tbsp. of salad oil.
2. Sautee onions and garlic, about 2 minutes stirring constantly
3. Pour bag of frozen vegetables into a covered casserole and cook in microwave until done – per instructions on the bag.
4. Add turkey breast to skillet and stir. Cook until meat is white on all sides. (Just browned if using red meat).
5. Remove turkey, onions and garlic and set aside.

6. In small bowl combine chicken stock, soy sauce and cornstarch, stir well.
7. Add remaining oil to medium high skillet, then add mushrooms and sautee – about a minute.
8. Pour off any water from cooked stir-fry vegetables and add them to skillet. Stir into mushrooms.
9. Add meat, onions and garlic to skillet and combine with vegetables.
10. Stir the chicken stock mixture again and add to skillet.
11. Stir together gently as the mixture comes to boil and thickens.
12. It's ready to serve plain or over rice.