

Stir Fry

Written by Pam

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One of my favorite summer quick fix meal is stir fried chicken with vegetables and rice. Often if there are special veggies in season for a good deal I will go with fresh, but to be honest, buying a vegetable Asian blend in the frozen section will give a better variety of vegetables on the plate for a better price. Because of the amount of each individual item and the quantity, unless I am feeding a large group, or can use everything I buy in another meal, the portion for a frozen vegetable bag works better and often I can find them for less than 2 dollars on sale. Combined with the frozen chicken strips I get from Sams and a bag of rice this is a true value meal, and I can have it on hand any time with out the worry of things going bad before I use them. This is one of my favorite on hand quick meals for times when I haven't made it to the store in a few days.

