

Whole Grain Barbecue Stir-Fry

DEVELOPED BY: Craig Mombert at Davidson College

Servings: 1 Serving Size: 10 oz

Ingredients	Quantity	Measure
Red Onion, Diced	1	Ounce
Green Bell Pepper, Diced	1	Ounce
Leek	1	Ounce
Asian Dark Sauce (see recipe)	3	Fluid ounces
Barbecue Naked Pulled BVQ	3	Ounces
JUST Egg Folded, Julienne	1	Ounce
In Harvest Naked, Wild, and Free Sorghum, cooked	4	Ounces

Preparation

1. Take the In Harvest Naked, Wild and Free sorghum blend, follow cooking directions on the package, then reserve.
2. Dice red onion, green pepper, and leeks.
3. Measure the Barbecue Naked Pulled BVQ and reserve.
4. Take the JUST Egg Folded Plant Egg and julienne and reserve.
5. Heat the sauté pan with sesame oil.
6. Add the red onion, green pepper, and leeks, cook moving rapidly for 20-30 seconds.
7. Add the Barbecue Naked Pulled BVQ and the julienne JUST Egg Folded to the vegetables. Cook for 30 seconds to heat the two.
8. Add the In Harvest Naked, Wild and Free Sorghum and the Asian Dark Sauce. Continue moving and incorporating the products until it is heated through.
9. Place on plate and it is ready to eat.

Notes

This is something that could be done for an action station.

