

SHANGHAI STIR-FRY

PAGE 100 • BEST BY:

Directions Needed on hand to complete this freezer meal: 2 teaspoons vegetable oil; 1 (11-ounce) can mandarin orange slices, drained; 2 teaspoons sesame seeds. Completely thaw in refrigerator. Pour off marinade and reserve. In a large skillet, heat oil over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add oranges and stir to coat. Serve over rice. Sprinkle with sesame seeds.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

SHANGHAI STIR-FRY

PAGE 100 • BEST BY:

Directions Needed on hand to complete this freezer meal: 2 teaspoons vegetable oil; 1 (11-ounce) can mandarin orange slices, drained; 2 teaspoons sesame seeds. Completely thaw in refrigerator. Pour off marinade and reserve. In a large skillet, heat oil over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add oranges and stir to coat. Serve over rice. Sprinkle with sesame seeds.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

SHANGHAI STIR-FRY

PAGE 100 • BEST BY:

Directions Needed on hand to complete this freezer meal: 2 teaspoons vegetable oil; 1 (11-ounce) can mandarin orange slices, drained; 2 teaspoons sesame seeds. Completely thaw in refrigerator. Pour off marinade and reserve. In a large skillet, heat oil over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add oranges and stir to coat. Serve over rice. Sprinkle with sesame seeds.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

SHANGHAI STIR-FRY

PAGE 100 • BEST BY:

Directions Needed on hand to complete this freezer meal: 2 teaspoons vegetable oil; 1 (11-ounce) can mandarin orange slices, drained; 2 teaspoons sesame seeds. Completely thaw in refrigerator. Pour off marinade and reserve. In a large skillet, heat oil over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add oranges and stir to coat. Serve over rice. Sprinkle with sesame seeds.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

SHANGHAI STIR-FRY

PAGE 100 • BEST BY:

Directions Needed on hand to complete this freezer meal: 2 teaspoons vegetable oil; 1 (11-ounce) can mandarin orange slices, drained; 2 teaspoons sesame seeds. Completely thaw in refrigerator. Pour off marinade and reserve. In a large skillet, heat oil over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add oranges and stir to coat. Serve over rice. Sprinkle with sesame seeds.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

SHANGHAI STIR-FRY

PAGE 100 • BEST BY:

Directions Needed on hand to complete this freezer meal: 2 teaspoons vegetable oil; 1 (11-ounce) can mandarin orange slices, drained; 2 teaspoons sesame seeds. Completely thaw in refrigerator. Pour off marinade and reserve. In a large skillet, heat oil over medium-high heat. Add beef and stir-fry until well browned, about 10 minutes. Remove beef from pan and keep warm. Add marinade to skillet, reduce heat, and simmer for 3 minutes. Return beef to pan. Add oranges and stir to coat. Serve over rice. Sprinkle with sesame seeds.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing