Number of servings: 4

Ingredients:
1 medium carrot
1 medium bell pepper
2 medium eggplants
1 thumb size piece ginger
1 clove garlic
1 pound lean ground meat

Sauce:
1 tablespoon sugar
1 tablespoon cornstarch
¼ cup soy sauce
1 tablespoon vinegar
Optional: chili pepper

Directions:
1. SLICE carrot, bell pepper, and eggplants. SET aside.
2. MINCE ginger and garlic. SET aside.
3. In a small bowl, COMBINE sauce ingredients: sugar, cornstarch, soy sauce, vinegar, and optional: chili pepper.
4. In a large pot, FRY meat with ginger and garlic.
5. ADD carrot, bell pepper, and eggplants. STIR FRY until almost done.
6. ADD sauce to mixture and STIR.

Variations:
Other vegetables may be used.
Other meats may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.