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The BEST Stir Fry Sauce Vegan Gluten Free

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Easy Gluten Free Chicken Stir Fry Recipe The Peaceful Mom

Easy Gluten Free Chicken Stir-Fry Recipe-One of my favorite ways to whip up an easy dinner is to make a stir-fry. It s great in the summer because you don t have to heat up the kitchen by baking something in the oven, and it s an awesome way to get those veggies in!

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Chicken Broccoli Stir Fry Gluten Free Homemaker

Chicken and broccoli have always been a favorite combination of mine, and they are perfect when paired in a stir fry. I also love mushrooms, but don t use them often because my husband doesn t like them.

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Gluten Free Beef and Broccoli Stir Fry Faithfully Gluten

Loaded with perfectly seasoned beef and broccoli, this quick and easy gluten free Beef and Broccoli Stir Fry is sure to satisfy your craving for take-out. Faithfully Gluten Free Creating Delicious Gluten Free Recipes since 2008.

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Gluten Free Recipes Stir Fries dummies

Stir-fry is a simple dish of vegetables and usually meat that s quickly cooked over high heat. Ingredients consist of a variety of vegetables, some protein, and a good gluten-free sauce. You need only simple tools like a large skillet or wok and a spatula.

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Gluten Free Chicken Stir Fry Faithfully Gluten Free

In a large skillet or wok, heat 2 tablespoons of oil, stir fry the chicken until no longer pink, about 3-5 minutes. Remove and keep warm. Add the remaining oil and stir fry the broccoli, bean sprouts, red pepper, carrots, onion and garlic for 4-5 minutes, or until crisp-tender. Return chicken to the wok.

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