



**WESTERN STIR FRY (Honey Hot / Original)**

- Heat oil in wok or hot skillet & saute minced garlic for one minute.
- Add diced chicken, beef, pork or seafood, brown & remove.
- Add 2 tbsp. oil, 2 cups of assorted vegetables (i.e. bamboo shoots, broccoli, carrots, etc.) & 1/4 cup of water.
- Saute 2-3 minutes.
- In the last minute, add meat & Cattle Boyz Original or Honey Hot BBQ Sauce to taste.

Serve over rice or noodles.