Sweet and Sour

Seal Stirfry



About 45 minutes to prepare and cook

> This recipe was adapted from the Arviat Wellness Centre's cooking program.





For a complete meal, serve with rice!



Ingredients



1 tablespoon oil



1 small can (19 oz) diced tomatoes



2 pounds boneless seal sliced (or any other boneless meat)



1/2 cup brown sugar



2 large bell peppers, trimmed and sliced



1 tablespoon

chili powder

1 tablespoon

mustard



onion, sliced



large orange, washed and sliced

Kitchen Supplies

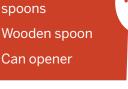
Ulu or knife

Cutting board

Large frying pan

Measuring cups

Measuring spoons





Steps



Turn heat to medium high. Heat oil in frying pan. Add seal slices and cook for 5 minutes on each side.



Add onion and bell peppers. Cook for 3 minutes, stirring often.



Add tomatoes, brown sugar, mustard, and chili powder. Stir until blended. Add orange slices.



4 Turn heat to high. Bring to a boil.



Turn heat to medium. Cover and cook for 15 minutes, stirring occasionally.

