



CROCKPOT SHRIMP STIR-FRY

Ingredients

- 1 ½ lbs. medium shrimp, peeled & deveined
- 1 bell pepper, chopped
- 1 cup sugar snap peas
- 2 carrots, peeled & grated
- 16 oz. broccoli florets
- 1 tbsp olive oil
- 3 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp brown sugar
- 1 tbsp ground ginger
- 3 cloves garlic, minced
- 1 tsp sesame oil
- 1 tsp cornstarch
- 1 tsp Sriracha (optional)

Directions

1. In a large bowl, whisk together the soy sauce, vinegar, brown sugar, ginger, garlic, sesame oil, cornstarch, and Sriracha (if using). Stir in the shrimp and gently toss to coat.
2. In a gallon-size Ziploc bag or large bowl, combine the shrimp mixture with the bell pepper, snap peas, carrots, and broccoli. (You can freeze this mixture for up to 1 month.)
3. Cook in the crockpot on high for 4-5 hours or on low for 7-8 hours.
4. Enjoy!

COOK TIME: 4-8 HOURS

SERVINGS: 4 SERVINGS

BASED ON RECIPE BY: DAMN DELICIOUS



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Health Promotion and Wellness