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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Spicy Turkey Stir-Fry

1 lb	boneless, skinless turkey breast, diced into $\frac{3}{4}$ inch cubes	3 tbs	water
2 tsp	sesame oil	1 cup	instant brown rice, uncooked
$\frac{1}{2}$ tsp	garlic powder	2 tsp	canola oil
$\frac{1}{4}$ tsp	cayenne pepper	$\frac{1}{2}$ cup	roasted unsalted peanuts
1 cup	green beans, fresh or frozen	$\frac{1}{4}$ cup	chicken broth
		1 tbs	soy sauce

1. In a medium bowl, mix together sesame oil, garlic, and cayenne. Add turkey; coat well and set aside.
2. Place fresh green beans in a microwave-safe dish. Add water and cook on high for 45 seconds. Drain off water when done. (Skip this step if using frozen beans.)
3. Meanwhile, prepare rice according to package directions.
4. Heat oil over medium heat in a large wok or non-stick frying pan. Add turkey and stir frequently with a wooden spoon for 5 minutes. Add peanuts and continue for 1 minute. Add green beans and continue stir-frying for an additional minute. Finally, pour in chicken broth and soy sauce, and stir-fry for 5 more minutes, or until all liquid evaporates. Stir frequently to prevent sticking.
5. Divide rice into 4 bowls. Spoon stir-fry mix over rice and serve.

Recipe is designed for 4 portions. Serve with lager-style beer or ice tea. For variety, substitute cashews or almonds for peanuts, snap peas or broccoli for green beans, or experiment with different spice combinations.

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