

BASIC STIR-FRY: 3 WAYS

RECIPES

Base ingredients		g CO ₂ eq	Assumptions
Soy sauce (estimated)	2 tablespoons (28.47 g)	84	\$2.00 per pound, sauce = 673 g CO ₂ eq/\$
White wine	1 tablespoon (14.7 ml)	50	\$6.73 per liter, wine = 523 g CO ₂ eq/\$
Lemon juice	1 tablespoon (14.23 g)	104	\$1.16 per pound, fruit = 711 g CO ₂ eq/\$, 4 times the weight in lemons to get the juice
Vegetable oil	2 tablespoons (28.47 g)	47	\$1.10 per pound, sauce = 673 g CO ₂ eq/\$
Peppers	1/3 pound (151.3 g)	688	\$1.93 per pound, vegetables = 1070 g CO ₂ eq/\$
Broccoli	1/3 pound (151.3 g)	467	\$1.31 per pound, vegetables = 1070 g CO ₂ eq/\$
Carrots	1/3 pound (151.3 g)	209	\$0.58 per pound, vegetables = 1070 g CO ₂ eq/\$
	Total	1649	

RECIPE 1: VEGETABLE STIR-FRY

Peppers	1/3 pound (151.3 g)	688	\$1.93 per pound, vegetables = 1070 g CO ₂ eq/\$
Broccoli	1/3 pound (151.3 g)	467	\$1.31 per pound, vegetables = 1070 g CO ₂ eq/\$
Carrots	1/3 pound (151.3 g)	209	\$0.58 per pound, vegetables = 1070 g CO ₂ eq/\$
	Total for Recipe 1	3013	g CO ₂ eq

RECIPE 2: BEEF STIR-FRY

Beef (sirloin)	1 pound (454 g)	14043	\$6.34 per pound, beef = 2214 g CO ₂ eq/\$
	Total for Recipe 2	15692	g CO ₂ eq

RECIPE 3: CHICKEN STIR-FRY

Chicken	1 pound (454 g)	3871	\$3.30 per pound, chicken = 1173 g CO ₂ eq/\$
	Total for Recipe 3	5520	g CO ₂ eq

NOTES AND ADDITIONAL ASSUMPTIONS

Emissions data is in grams of carbon dioxide equivalent per 2004 purchaser dollars. The price data came from the Consumer Price Index when available, otherwise EcoSynergy used the best available price information to make the above calculation. The price assumption is listed for each ingredient. The emissions per dollar come from the EcoSynergy data base.

Estimates computed by EcoSynergy of the carbon emissions (in grams of CO₂e) associated with growing and producing the ingredients used in the "Basic Stir Fry: 3 Ways" recipe at the end of this chapter. The three stir-fry recipes only differ by their inclusion of beef, chicken, or additional vegetables and yet the emissions for the beef stir-fry is more than 28 pounds (12.7 kg) more than the veggie stir-fry. For reference, a typical car emits about 28 pounds of carbon dioxide in thirty-five miles of driving.