

Recipe for

Veggie Stir-Fry



SERVES 6-8

PREP TIME/TOTAL
TIME _____

NUTRITION INFORMATION

Total Calories _____

Fat _____

Protein _____

Carbohydrates _____

Fiber _____

INGREDIENTS

- 1/2 medium sized onion finely chopped
- 2 tbsp ginger grated
- 2 cloves garlic minced
- 1 head of broccoli cut in small florets
- 2 stalks of celery cut crosswise
- 2 medium carrots cut diagonally into about 1/8" thick pieces
- 1 yellow squash or 1 zucchini cut in circles
- 2 cups of mushrooms chopped coarsely
- 1 1/2 cups of mix of bell peppers cut into squares
- 1 cup of onions cut into one layer squares
- 1/2 cup of snow peas
- 1/3 cup of low sodium soy sauce
- 2 tablespoons of Hoisin sauce
- 2-3 tablespoons of Frank's hot sauce
- 1 cup of vegetable broth

DIRECTIONS

In a small sauce pan, add 1 cup of vegetable broth, soy sauce, hoisin sauce, and Frank's hot sauce. Place on stove on very low simmer. Mix thoroughly to create uniform sauce.

In a large wok or pan, add the chopped onions and 2 tablespoons of the sauce and saute for 2-3 minutes on medium to high heat. Next add ginger, saute for additional 1-2 minutes and then add garlic and continue to saute for another 1-2 minutes.

Keep the stove between medium to high heat. Then add all the veggies in the following order, waiting about 2-3 minutes between each one. Using 2 wooden bamboo utensils, continue to toss and mix the vegetables as you add them. When you add a new vegetable, add 1 tbsp of sauce mixture.

Carrots, onions, bell peppers, celery and zucchini together, mushrooms, snow peas and broccoli last.

Once the broccoli turns a brilliant green color, it is cooked but still retains the crunch. May try a piece to check if it's ready and also a good way to check the spice level. Broccoli absorbs the sauce very well. Add more soy sauce or hot sauce to your preference if needed. For best taste, enjoy while piping hot. Choose your favorite grains such as quinoa or brown rice.

You can vary the vegetables to your choice, but for best results always include onions, carrots and broccoli.





Grocery List

VEGGIE STIR-FRY



Produce

- 2 Medium Sized Onions
- Ginger
- Garlic
- 1 Head of Broccoli
- Celery
- Carrots
- 1 Yellow squash OR 1 zucchini
- Mushrooms
- Bell Peppers
- Snow Peas



Seasoning

- Low Sodium Soy Sauce
- Hoisin Sauce
- Frank's Hot Sauce
- Vegetable Broth