

# ADAPTABLE VEGGIE STIR-FRY

adapted from [onceuponachef.com](http://onceuponachef.com)

---

Yield: 4 servings

Prep Time: about 15 minutes

Cook Time: about 10 minutes

Storage: refrigerate up to 3 days

---



## Sauce Ingredients

1/3 cup low-sodium soy sauce or tamari

3 tablespoons water

1 teaspoon toasted sesame oil

1-2 teaspoons honey, to taste

1 tablespoon cornstarch or arrowroot powder

1 generous pinch of red pepper flakes, or to taste

*Optional:* 2 tablespoons Mirin

## Stir-Fry Ingredients

2 tablespoons oil of your choice

1 pound broccoli, cut into bite-sized florets

6 ounces shiitake mushrooms, stems removed and thinly sliced

1 red bell pepper, thinly sliced

1 small onion, halved and then sliced

3 garlic cloves, minced

1 tablespoon fresh ginger, grated

## Directions

1. Combine the sauce ingredients together into a small bowl. Mix well and set aside.
2. In a large skillet pan, bring about 1 inch of water to a boil. Add the broccoli and cook for about 2-3 minutes, or until crisp-tender. Drain the water and set the broccoli aside.
3. Heat the same skillet over medium-high heat. Wait until the pan looks dry before adding the oil.
4. Add mushrooms and bell peppers. Stir-fry for about 4-5 minutes, or until the mushroom are browned and the peppers are softened.
5. Add the garlic, onions, and ginger. Cook until fragrant, about 1 minute.
6. Add the broccoli back to the pan and cook until warmed through, about 1 minute.
7. Add the sauce. Toss and cook until the sauce is thickened and the veggies are evenly coated. Serve over brown rice or cauliflower rice for a tasty meal.