ADAPTABLE VEGGIE STIR-FRY
adapted from 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.

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