



The Easiest Vegetable Stir Fry



Ingredients



Adapted from <https://therecipecritic.com>

- 1 tbsp olive oil
- 1 red bell pepper
- 1 yellow bell pepper
- 1 cup sugar snap peas
- 1 cup carrots
- 1 cup mushrooms
- 2 cups broccoli
- 1 cup baby corn
- 1/2 cup water chestnuts
- 1/4 cup soy sauce
- 3 garlic cloves minced
- 3 tbsp brown sugar
- 1 tsp sesame oil
- 1/2 cup chicken broth
- 1 tbsp cornstarch
- Green onions and sesame seeds for garnish



Directions



Yield: 6 Serving size: about 1.5 cups

1. Chop and slice all vegetables
2. In a wok or large skillet add 1 tbsp olive oil over medium high heat. Add vegetables and sauté 2-3 minutes until veggies are almost tender.
3. In a small bowl, whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch.
4. Pour over veggies and cook until the sauce has thickened. Garnish with green onion and sesame seeds if desired

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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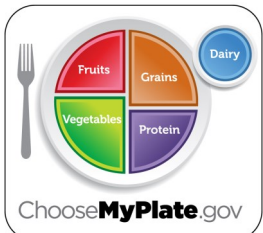

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Fast Facts



Featured Food Groups

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Cooking Tips



- You can use any vegetables that sound delicious to you.
- Add your favorite protein or noodles into the to the stir fry
- Try adding ginger to the sauce for a little bit of a kick!

Nutrition Facts

6 servings per container	
Serving size	1.5 cups
Amount per serving	
Calories	152
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i>	
Cholesterol	
Sodium 643mg	14%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Total Sugars 12g	
<i>Includes Added Sugars</i>	
Protein 5g	
Vitamin D	
Calcium 140mg	126%
Iron 2mg	11%
Potassium 489mg	14%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

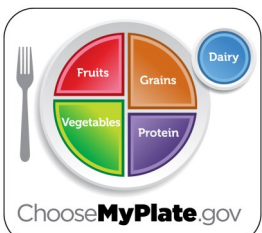

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