



Try it with
MH Sweet Potato Hot Sauce
for some heat!

Vegetable Stir-fry

PREP 15 MINS | COOK 10 MINS
SERVES 3

INGREDIENTS:

2 tablespoons canola (or sesame) oil
1 clove garlic, minced
1 tablespoon ginger root, finely chopped
1 red bell pepper, cored, seeded, and sliced
1 yellow bell pepper, cored, seeded, and sliced
½ cup carrot, thinly sliced
1 cup small broccoli florets
½ cup red onion, thinly sliced
1 cup water chestnuts, half-moon sliced
1 cup baby corn
8 ounces firm tofu, cut into large chunks
1 cup teriyaki sauce
2 cups bok choy, sliced
½ cup snow peas
1 cup fresh bean sprouts
2 stalk green onions, sliced

DIRECTIONS:

Start by preparing and cutting all the vegetables and measuring your ingredients so that they are ready to go. Once you begin stir-frying, it goes very quickly.

In a wok or large skillet, heat canola (or sesame) oil over high heat until almost smoking. Add garlic, ginger root, peppers, carrot, broccoli and onion while stirring constantly.

While continuing to stir, add water chestnuts, baby corn, tofu and teriyaki sauce. Keep stirring constantly for 2 minutes.

Add the bok choy, snow peas, cook for 2 minutes more.

Garnish with bean sprouts and green onion. Serve immediately over steamed rice.

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