

## Easy, Delicious Veggie Stir-Fry

<https://www.noracooks.com/vegan-stir-fry/>

Serves 2 to 4 **PREP** 10 min **COOK** 35 min

### INGREDIENTS

- 1 tablespoon olive oil, water or broth (see **NOTES** below)
- 1 small onion, diced
- 1 medium zucchini, sliced (see **NOTES** below)
- 2 cups broccoli florets
- 1 medium carrot, peeled and chopped
- 8 ounces mushrooms, sliced
- 1 red bell pepper, seeded and chopped into large chunks
- 4 cloves garlic, minced
- 2 teaspoons fresh minced ginger
- 1/2 cup cashews or peanuts, optional
- chopped green onions
- sesame seeds

### For the stir-fry sauce

- 1/2 cup low sodium vegetable broth
- 1/4 cup low sodium soy sauce
- 1/4 cup water
- 1/4 cup agave
- 1 tablespoon toasted sesame oil (or olive oil)
- 1/4 teaspoon crushed red pepper flakes plus more to taste
- 1 tablespoon cornstarch

### INSTRUCTIONS

1. Make the sauce: In a medium bowl, whisk together all the sauce ingredients. Set aside.
2. In a large sauté pan or wok, add 1 tablespoon of oil, water or broth and heat over medium-high heat. Add the onion, zucchini, broccoli, carrots, mushrooms and red bell pepper. Stir often for 2-3 minutes until crisp tender.
3. Add the garlic and ginger, and cook for another minute, stirring.
4. Whisk the stir fry sauce one last time and pour over the vegetables. Stir to combine; the sauce will thicken a bit.



## *Let Fit Happen*

5. Once the sauce thickens, remove the pan from heat. Stir in the cashews or peanuts, if using. Serve over rice or noodles with chopped green onions, sesame seeds and hot sauce, if desired. Enjoy!

### **T's NOTES:**

- For a lower-fat version, use water or broth (vs. oil) to saute.
  - Feel free to use your favorite veggies (i.e., cabbage, snow peas, bean sprouts, eggplant, etc...).
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