



quick stir-fry veggies

Phase 1 Recipe

SERVES 4 | READY IN 20 MINUTES

Ingredients:

- 1 tbsp canola oil or sunflower oil
- 2 cups small broccoli or broccolini florets, halved
- 2 cups red and yellow bell pepper strips
- 2 cups cubed zucchini
- 1 cup French green beans, trimmed and halved
- 1 cup whole or halved mushrooms
- ½ cup sliced green onion
- 1 ½ tbsp soy sauce
- 2 tsp minced garlic
- 1 tsp minced fresh ginger or ginger paste
- 1 tsp apple cider vinegar
- Pinch red pepper flakes, optional

Heat the oil in a wok or large cast-iron skillet over high heat. Add the broccoli, bell pepper, zucchini, green beans, mushrooms, and green onion. Cook, stirring frequently, until the vegetables are crisp-tender, about 6 minutes.

Meanwhile, mix the soy sauce, garlic, ginger, vinegar, and red pepper flakes, if using, in a small bowl. Add to the vegetables. Reduce the heat to low and cook, stirring constantly, about 2 minutes, adding about 1 tablespoon of water, or more as needed, to help loosen any vegetables that stick to the skillet. Makes about 7 cups.