



## Mixed Vegetable Stir Fry

- 1 TBS. Veggie Oil
- 1/2 tsp. minced garlic
- 1/2 tsp. minced ginger
- 1/2 cup sliced carrots\*
- 1/2 cup sliced zucchini
- 1/2 cup sliced mushrooms
- 1/2 cup broccoli, trimmed and cut into 1 inch florets
- 1/2 cup red bell pepper, cut into 1 inch squares
- 2 TBS. water
- 4 spears asparagus, trimmed and cut diagonally into 1 1/2 inch lengths
- 2 tsp. cornstarch dissolved in 1 TBS. water
- Sauce
  - 1/2 cup vegetable broth (recipe on website)
  - 1 TBS. Chinese Rice Wine or dry sherry
  - 1 TBS. Soy Sauce
  - 1 tsp. Sesame Oil

Combine sauce ingredients in a bowl.

Heat wok to high. Add oil, swirling to coat sides. Add garlic and ginger, cook stirring, until fragrant, about 10 seconds. Add carrots, zucchini and mushrooms; stir fry for 1 minute.

Add water, cover and cook for 3 minutes. Add bell pepper and asparagus; stir fry for 1 minute. Add sauce and bring to a boil. Make a well in center of vegetables and add cornstarch solution. Cook, stirring, until sauce thickens, about 1 minutes. Mix thoroughly.

Serve with steamed white rice.