



Vegetable Stir Fry

Serves: 12- (1 cup vegetables, ½ cup rice)

amount	unit	Ingredients:
2	cups	uncooked brown rice
3	each	heads of broccoli
1	Tbsp	water
4	each	large carrots, oblique cut
1	each	red pepper, sliced
1	each	yellow pepper, sliced
4	each	small zucchini, large chopped
7	cloves	garlic, minced
5	cups	vegetable stock
2	Tbsp	chia seeds
0.5	cup	low sodium soy sauce
1	tsp	red pepper flakes
1	tsp	ginger powder
1	tsp	black pepper
2	Tbsp	rice vinegar
2	Tbsp	honey
6	Tbsp	arrow root
6	Tbsp	cold water

Cook brown rice according to package directions.

Break broccoli into small florets and blanch for 3 minutes. Cool in refrigerator.

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add carrots, cook about 3 minutes until partially tender, adding water just as needed to prevent sticking. Add peppers and sauté until soft. Add zucchini and broccoli and cook for about 5 minutes more until heated through.

In a separate sauce pan add garlic, vegetable stock, chia seeds, soy sauce, red pepper flakes, ginger powder, black pepper, rice vinegar and honey. Bring to boil. Mix water and arrow root together in a small dish, then add to boiling sauce. Allow to thicken. Turn off heat.

Mix the stir fry sauce into the pan with the stir fry vegetables and serve over brown rice.

Nutritional Information:

Calories: 240; Carbohydrate: 50g; Fiber: 8g; Sugar: 12g; Fat: 2.5g; Saturated Fat 0g; Cholesterol 0mg; Protein: 10g; Sodium: 400mg