Simple Stir-Fry

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Ingredients:
• 3 tablespoons cornstarch
• ½ cup water
• ½ teaspoon garlic powder
• 4 cups mixed vegetables, cut into bite-size pieces (carrot, peas, bell pepper, mushrooms, broccoli, kale, etc.)
• 1 onion, sliced
• 1 tablespoon olive or other oil
• ¼ cup tamari or soy sauce
• Optional: 2 tablespoons brown sugar
• Optional: 1 teaspoon ground ginger
• ¼ cup sesame seeds or sliced almonds

Method:
1. Combine cornstarch, water and garlic powder in large bowl. Add vegetables and onion, toss to coat.
2. Heat oil over medium heat and stir-fry vegetables until tender, about 5 minutes. Add soy sauce and optional ingredients as desired, then remove from heat and add sesame seeds or sliced almonds.
3. Serve with rice or pasta. Enjoy!