



Growing connections to fresh food.

Simple Stir-Fry

Inspired by Food.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

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!



www.hopelink.org/take-action/hopelink-harvest



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