VEGETABLE STIRFRY

by Stephanie's Wellness

Yield:4 servings **Preparation**: 15 min **Cook**: 30 min **Total**: 45 min **30 days**: approved

Ingredients

- 1 large head of broccoli
- 2 large carrots, sliced thin strips
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 2 1/2 tbsp olive oil
- 2 thin slices of fresh ginger
- 1 1.2 tsp salt
- 3 cloves garlic, peeled & crushed
- 3 tbsp vegetable broth
- 1 tsp roasted sesame oil
- 2 cups brown rice
- 4 cups water

Directions

Prepare brown rice:

- Boil 4 cups water.
- Add 2 cups of brown rice.
- Turn heat down to simmer.
- Cover & cook for 30 minutes.

Prepare broccoli

- Cut broccoli into slim lengths.
- Heat oil in a large pan on high heat.
- Add the carrots and cook on low for 5 minutes, you can add a little water to help it get softer faster without burning.
- Now add the ginger and bell peppers and cook until peppers and nice and shiny or until the crispiness is like you want it.
- Add broccoli, salt & garlic.
- Stir continuously for a minute/until the broccoli turns bright green.
- Now you can add the broth, cover, and cook on high heat for about 1 minute.
- Turn off the heat and add the sesame oil.
- Stir to mix.
- Serve immediately over brown rice.
- Enjoy!