

Quick Vegetable Stir-Fry



Makes:

4 servings

Utensil:

12" Electric Oil Core Skillet
small mixing bowl

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Recipe Description:

Quick, easy, delicious and healthy - a one-dish meal is also perfect for a busy schedule. You can even chop the vegetables a day or two ahead.

Watch the [recipe video](#) for additional nutrition information regarding the ingredients in this recipe.

2
carrots, waffled, use Cone #5
1
onion, strung, use Cone #2
3
cloves
garlic, shredded, use Cone #1
8
ounces
mushrooms, sliced, use cone #4
(230
g)

3

cups

broccoli florets

(213

g)

1

red bell pepper, diced

1 ?²

cups

cooked chickpeas (garbanzo beans)

(246

g)

1 ?⁴

cup

water

(60

mL)

1 ?⁴

cup

soy sauce

(60

mL)

1 ?⁴

cup

agave nectar

(60

mL)

1

tablespoon

spicy chili paste

(16

g)

2

teaspoons

cornstarch

(5

g)

3

cups

brown rice, cooked

(585

g)

Directions:

1. Place all vegetables and beans in electric skillet.
2. Place water, soy sauce, agave nectar, chili paste and cornstarch in small bowl and mix. Pour over vegetables.
3. Cover and set electric skillet temperature to 350°F/180°C. When Vapo-Valve? clicks, reduce temperature to 180°F/80°C

and cook for approximately 5 minutes until vegetables are cooked-crisp.

4. Serve vegetables over brown rice.

Tips:

- Delicious the next day.
- Use leftovers to make vegetable wraps.

Nutritional Information per Serving

Calories:

136

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

659mg

Total Carbs:

31g

Dietary Fiber:

4g

Sugar:

20g

Protein:

5g

Nutrition information does not include brown rice