

Ginger Garlic Broccoli Stir Fry

Just Say Yes to Fruits and Vegetables

Stir fries are an easy and creative way to cook leftover veggies.



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Ginger Garlic Broccoli Stir Fry

Serves 5 • Serving: 1 cup



For a complete meal, serve with cooked chicken or shrimp over brown rice.

Ingredients:

- 2 teaspoons vegetable oil
- 1 thinly sliced small onion
- 2 finely chopped garlic cloves
- 1 tablespoon peeled and finely chopped ginger
- 3 cups broccoli florets, chopped into bite-sized pieces
- 2 carrots, thinly sliced into rounds
- ½ cup water
- 1 bell pepper, cut into strips
- 1 tablespoon low-sodium soy sauce

Directions:

1. Heat oil in a large frying pan.
2. Cook onions on high heat for 2 minutes, stirring often. Add garlic and ginger and cook for another minute.
3. Add broccoli, carrots, and water. Cover and steam for 3 minutes, stirring often.
4. Add pepper and cook for 3 more minutes, stirring often.
5. Remove from heat. Vegetables will be crisp and brightly colored.
6. Toss with soy sauce.
7. Serve and enjoy!
8. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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