

Stir Fry Vegetables with Sauce

You can use almost any vegetable in making stir fry. See what's fresh in your fridge!
If you're a carnivore add chicken, shrimp or beef.

Sauce

Ingredients:

- 1 tsp kudzu root powder
(Kudzu is a great alternative to cornstarch and arrowroot. It has great medicinal values, and excellent elixir for hangovers and supports great digestive health)
- 4 Tbsp. water
- ¼ cup tamari
- 1 Tbsp. brown rice vinegar
- 3 Tbsp. maple syrup
- 1 ½ tsp lime juice
- 1 tsp garlic, minced
- 1 tsp fresh ginger, minced
- Pinch of cayenne
- ¼ tsp toasted sesame oil

Vegetables*

*you can use any seasonal veggies of your choice these are only some examples

- 2 lg. baby bok choy chopped keeping white and green separate
- 1 zucchini, thinly sliced
- 1 cup broccoli florets
- 1 carrot, julienned
- 1 colorful bell pepper, julienned
- ½ cup sliced mushrooms

Preparation:

In a small bowl, whisk the kudzu with the 2 tablespoons cold water until completely dissolved, making slurry.

In a small saucepan over medium-high heat, combine the tamari, vinegar, 2 tablespoons water, the maple syrup, lime juice, garlic, ginger, and cayenne.

Stir and bring to a boil.

Decrease the heat to a simmer.

The sauce will begin to thicken and reduce in volume by one third.

Stir in the slurry, whisking continuously.

Mix in the toasted sesame oil and set aside.

•Your vegetables should be cut in even pieces and all displayed on the cutting board. This is a very fast process.

Heat the wok or sauté pan over high heat.

Add 1-2 tsp of sesame oil and swirl to glaze the pan.

Add your veggies (adding the ones with denser consistency first as they will take longer to cook) and sauté 1-2 minutes, depending on the veggies you choose.

Add up to $\frac{1}{4}$ cup of the sauce mixture to coat and stir-fry for another minute, or until veggies are ready.

Serve immediately, garnished with sesame seeds, in a small colorful bowl.