



Any combination of your favorite vegetables will work in this recipe. I have just chosen the ones my family likes.

Ingredients

- 1 cup (250 mL) vegetable stock
- 3-4 tbsp (45-60 mL) organic and wheat-free tamari or low-salt soy sauce
- 3 garlic cloves, minced or pressed
- 1 tbsp (15 mL) peeled and finely sliced fresh ginger
- 1 tsp (5 ml) sesame oil (for flavor only)
- 1 large coarsely chopped onion
- 1 medium head of broccoli, cut into bite-size pieces
- 2 carrots, sliced diagonally
- 1 red pepper, coarsely chopped
- ½ cup (125 mL) pistachio oil, or Omega Essential Balance Oil, or hazelnut oil, or Udo's Choice Ultimate Oil Blend

Instructions

1. In a wok or very large pot, combine stock, tamari, garlic, ginger, and sesame oil.
2. Heat liquid and then add all the vegetables except the red pepper.
3. Cook until veggies are tender-firm, then add the red pepper.
4. Cover and cook to the desired tenderness.
5. Remove from heat and stir in the oil you chose.
6. Serve with rice and Excellent Ginger Sauce.

Makes 2-4 servings.