**Vegetable-Peanut Stir Fry**

2 tsp. peanut oil  
2 cups chopped onion (1 large onion)  
2 cups chopped bok choy  
2 cups chopped carrots (2 large carrots)  
1 chopped green pepper  
1 chopped sweet red pepper  
8 oz. thinly sliced mushrooms  
2 cups broccoli florets  
2 cups asparagus, cut in 2 inch pieces (about ½ pound)  
¼ cup low-sodium soy sauce  
2 tsp. cornstarch  
¼ cup of vegetable broth  
8 T. dry roasted chopped peanuts  
4 cups cooked brown rice  

Heat oil in wok or large skillet over high heat. Add onions and sauté five minutes, then add the rest of the vegetables. Cook for 5 minutes, stirring frequently.

Optional-Toss with 1 tsp. chili flakes and splash of 1 T. of sesame oil.

Add soy sauce and cook until vegetables are crisp and tender, about 2 more minutes.

Whisk cornstarch into broth in small cup and add to wok; simmer until sauce thickens, about 1 minute.

Spoon stir-fry onto individual plate of cooked rice. Top with chopped peanuts.