

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.