

Easy Veggie Stir Fry

Instructions

1. Heat the canola oil in a large nonstick skillet or a wok over medium-high heat.
2. In a bowl, whisk together the beef broth, soy sauce, Sriracha, honey, and one teaspoon of sesame oil to make a sauce and set aside.
3. Once the pan or wok is hot, add the onions, ginger, and garlic, in that order, and stir fry for about 20 seconds.
4. Add the veggies and stir fry for 2–3 minutes or until the veggies are dark and bright but still crisp.
5. Add the sauce and stir fry for another 2–3 minutes or until the veggies are tender-crisp.
6. Transfer to a serving dish and drizzle with another teaspoon of sesame oil and sprinkle with kosher salt and sesame seeds.

Ingredients

- 2 tbsp canola oil
- ¼ cup beef broth (can substitute with vegetable broth)
- 3 tbsp soy sauce
- ¼–½ tsp Sriracha sauce
- 1 tbsp honey
- 2 tsp sesame oil, divided
- ½ small red onion, sliced
- 1 tsp fresh ginger, minced
- 2 tsp fresh garlic, minced
- 1 (12 oz) package of fresh or frozen vegetables (stir fry mix or broccoli)
- Kosher salt
- Sesame seeds

Grocery List

Canned Goods/Grocery

- Canola oil
- Beef broth
- Soy sauce
- Sriracha sauce
- Honey
- Sesame oil
- Kosher salt

Produce

- Red onion
- Ginger
- Garlic
- 12 oz package of fresh or frozen vegetables
- Sesame seeds