

Chinese Vegetable Stir-Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chinese-vegetable-stir-fry-recipe>

Ingredients:

- 1/3 cup soy sauce use gluten-free if needed
- 3 tablespoons water
- 2 tablespoons dry sherry or Chinese rice wine
- 1 teaspoon sesame oil Asian
- 2 teaspoons sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon dry mustard
- 2 tablespoons vegetable oil
- 1 pound broccoli
- 1 inch florets
- 7 ounces shiitake mushrooms stems removed and thinly sliced
- 1 red bell pepper thinly sliced
- 3 cloves garlic finely chopped
- 3 scallions thinly sliced, white/light green and dark green parts separated
- 1 tablespoon fresh ginger grated

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 21 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1290 milligrams
8. Sugar: 6 grams

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