

Everyday Chinese Vegetable Stir-Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-snow-pea-recipe-chinese>

Ingredients:

- 2 stalks celery cut into bite size pieces
- 2 carrots thinly sliced
- 2 cups snow peas trimmed
- 5 fresh shiitake mushrooms thinly sliced
- 1 red pepper long hot, if you prefer a milder flavor, use ½ of a red bell pepper
- 1 green pepper long hot, or ½ of a green bell pepper
- 3 cloves garlic peeled and sliced
- 3 tablespoons oil
- 1 tablespoon hot bean paste
- 2 tablespoons Shaoxing wine
- 1/4 teaspoon ground white pepper
- 1/2 teaspoon sesame oil
- salt

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 13 grams
3. Fat: 11 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 6 grams

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