

# Chinese Mushroom Stir-Fry

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 1 tablespoon oil
- 1 pound brown mushrooms sliced
- 5 ounces bamboo shoots drained,, 1 short can
- 1/2 pound baby bok choy stalks cut into quarters or eighths depending on size
- 2 green onions finely chopped
- 4 cloves garlic minced
- 1 tablespoon ginger minced
- 3 tablespoons oyster sauce vegan
- 2 tablespoons Shaoxing wine or dry sherry
- 2 tablespoons soy sauce
- 1/3 cup vegetable broth
- 2 teaspoons maple syrup
- 2 teaspoons cornstarch

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 15 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. Sodium: 940 milligrams
7. Sugar: 6 grams

---

Thank you for visiting our website. Hope you enjoy Chinese Mushroom Stir-Fry above. You can see more 17 chinese mushroom stir fry recipe Unlock flavor sensations! to get more great cooking ideas.