

# “Buddhist’s Delight” (Chinese-Style Vegetable Stew)

Yield: 7 min  
Total Time: 35 min

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

## Ingredients:

- 16 ounces seitan cut into bite-sized pieces
- 1 bunch broccoli cut into bite-sized florets
- 2 cups fresh green beans trimmed and cut into 1-inch pieces, see note
- 3 carrots large, peeled and sliced diagonally
- 2 cloves garlic minced
- 15 ounces baby corn liquid reserved
- 4 ounces rice vermicelli noodles fine
- 32 ounces low sodium vegetable broth carton
- 1 1/2 cups crimini baby bella, or small white mushrooms, sliced
- 2 teaspoons ginger grated fresh or jarred, to taste
- 3 tablespoons arrowroot or organic cornstarch
- 3 tablespoons reduced sodium soy sauce or to taste
- freshly ground pepper to taste
- hot red pepper flakes Dried, or sriracha sauce for serving

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 41 grams
3. Fat: 2 grams
4. Fiber: 8 grams
5. Protein: 55 grams
6. Sodium: 540 milligrams
7. Sugar: 6 grams

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