

Chinese Mixed Vegetables Stir Fry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-veg-salt-and-pepper-recipe>

Ingredients:

- 1 tablespoon canola oil
- 2 tablespoons ginger minced
- 2 cloves garlic minced
- 1 tablespoon chili paste sambal oelek, optional
- 6 cups vegetables chopped, such as broccoli, mushrooms, carrots, onion, peppers, etc.
- 1 cup chicken broth low sodium
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- sesame seeds optional garnish
- salt
- pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Fat: 9 grams
4. Fiber: 11 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 780 milligrams

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