

# Savory Vegetable Stir-Fry

Yield: 6 min  
Total Time: 20 min

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

## Ingredients:

- 1 tablespoon olive oil
- 2 yellow squash medium, sliced
- 2 zucchini medium, sliced
- 8 ounces baby-cut carrots
- 1 red onion medium, cut in half and thickly sliced
- 2 packets vegetable broth Swanson® Flavor Boost™ Concentrated

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 10 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 40 milligrams
7. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Savory Vegetable Stir-Fry above. You can see more 20 recipe of chinese vegetable Experience culinary bliss now! to get more great cooking ideas.