

Uses for Homemade Stir-fry Vegetable Packages

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-zucchini-recipe-indian>

Ingredients:

- bell peppers – all colors :: 1 minute
- fresh green peas
- sugar snap peas
- snow peas
- zucchini yellow/green :: 1 minute
- broccoli Chinese broccoli :: 2 minutes
- cauliflower
- romanesco
- carrots all colors :: 2 minutes
- fennel :: 2 minutes
- yellow wax beans green/, :: 90 seconds
- parsnips :: 2 minutes
- baby bok choy :: 90 seconds
- asparagus :: 1 minute
- celery :: 2 minutes
- Brussels sprouts :: 2 minutes
- 2 red bell peppers washed and sliced
- 1 head broccoli cut into florets
- 1 head cauliflower cut into florets
- 8 carrots young, peeled and thinly sliced
- 3 yellow zucchini young, washed and sliced
- 1 pound snow peas