

Stir Fry Vegetables

Serves: 6

Ingredients:

1/4 c. oil
1/2 tsp. salt
2 broccoli crowns, cut into flowerets.
1 red pepper, cut into strips
2 carrots, sliced
3 scallions, sliced
1 can sliced water chestnuts
3 tbsp. soy sauce
1/4 cup water



Directions:

Heat oil in wok, add salt and all vegetables and stir frequently.
Add soy sauce; continue to stir and then add water. Stir frequently.
Cover 2-3 minutes until vegetables are desired consistency.