

A top-down view of a white ceramic bowl with a red rim and small red polka dots. The bowl is filled with a stir-fry consisting of sliced chicken, mushrooms, and red bell peppers, garnished with fresh green herbs. The bowl sits on a dark, textured surface, possibly a wooden table, with some scattered herbs and sesame seeds around it.

SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

VEGETABLE STIR-FRY

A decorative graphic in the bottom right corner consisting of a cluster of overlapping triangles in various shades of green, ranging from light to dark.

VEGETABLE STIR-FRY

FOOD SAVING HACKS

The vegetables for this recipe are versatile, so feel free to use whatever you have on hand — zucchini, squash, peppers, mushrooms, carrots or any leftover veggies from the **Potato and Leek Soup** and **Vegetable Frittata**. And if you're wondering what to do with those extra sauce packets from takeout, use them in your stir-fry to save on making your own sauce.

INGREDIENTS



2 tablespoons
vegetable oil or
sesame oil



2 cloves garlic,
minced



3 cups
chopped mixed
vegetables

STIR-FRY SAUCE INGREDIENTS

$\frac{1}{2}$ cup low-sodium soy sauce
2 tablespoons water or broth
2 teaspoons sesame oil
2 teaspoons rice vinegar

2 garlic cloves, minced
1 tablespoon honey or sugar
1 tablespoon cornstarch
2 teaspoons grated ginger
or $\frac{1}{2}$ teaspoon dried ginger

INSTRUCTIONS

1. Heat the oil in a wok or large skillet over medium-high heat.
2. Add the garlic and cook until fragrant, about 30 seconds.
3. Add the vegetables and cook until crisp-tender, about 5 minutes.
4. In a small bowl, whisk together the soy sauce, honey and ginger.
5. Pour the sauce mixture over the vegetables and cook until heated through.
6. Serve over rice or noodles.

SAVE MORE THAN FOOD! Peppers are a great freezer staple for recipes like this. To save, slice your peppers into strips and put them into a freezer-safe bag for 6-12 months. Defrost in the pan and cook as usual.