


# BASIC STIR FRY




2 cloves garlic  
(minced)




1/4 cup  
soy sauce  
or  
coconut  
aminos



1 large  
onion  
(chopped)



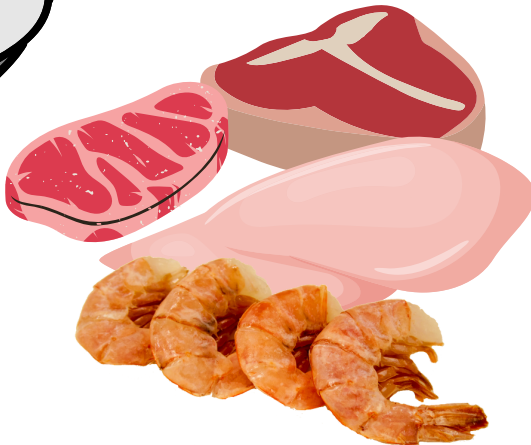
1/2-1 Tbsp fresh  
ginger (grated)



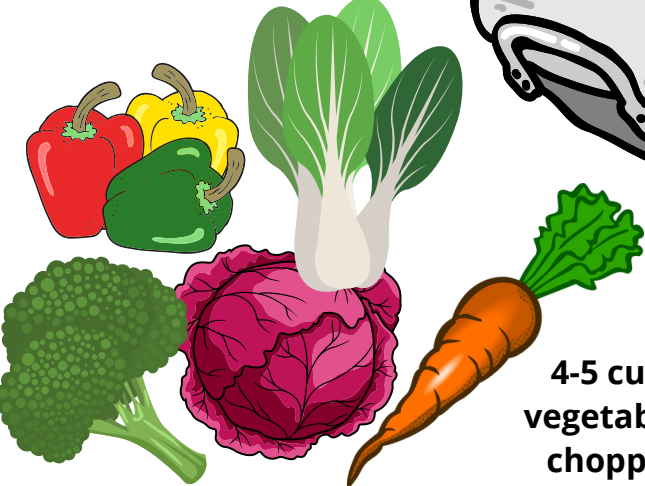
2 Tbsp  
olive,  
avocado, or  
sesame oil




1/2-1 cup  
mushrooms,  
sliced



1-2 lbs protein (chicken, beef,  
pork, shrimp, tofu)- cubed



4-5 cups  
vegetables,  
chopped



1 tsp salt,  
1/2 tsp  
pepper

**Vegetable Options: broccoli, carrots, cabbage, peppers, bok choy, sugar snap peas, snow peas, summer squash, cauliflower, kale, etc.**

## Directions:

- Heat oil in wok or large frying pan.
- Add protein. Sauté to cook through.
- When protein is cooked thoroughly, remove and set aside.
- Make sure there is still enough oil in the wok. If not, add a little bit more. Add onion and cook for 1 minute.
- Add dense vegetables, like broccoli and carrots. Stir well and cook for 3 minutes.
- Add thinner vegetables, like bok choy, and mushrooms. Stir and cook for 2 minutes.
- Add the garlic and ginger and cook for another minute. Add salt, pepper, and soy sauce.
- Add protein back in, mix well, cover, and cook for about 5-10 minutes or until everything is hot.

**\*Serve over rice, noodles, quinoa, cauliflower rice, etc.**

**\*Top with sesame seeds, scallions, toasted nuts, fresh herbs, etc.**