

Stir Fry with Coconut Sauce



Ingredients:

3 cloves garlic, minced

1 large yellow or white onion, sliced

3 shallots, sliced

2 cups sliced mushrooms of your choice

1 carrot sliced

2 celery sticks, sliced

1 head broccoli, chopped

½ head cauliflower, chopped

1 red bell pepper, sliced

1 yellow bell pepper, sliced

1 zucchini, sliced

1 yellow squash, sliced

1 cup snow peas

1 cup green beans, cut in half

1 thumb sized piece of fresh ginger, peeled and grated
½ thumb sized piece of fresh turmeric, peeled and grated
4 heads baby bok choy
2 tablespoons black sesame seeds, toasted
4 green onions, sliced
1 cup+ vegetable broth
2 cups full fat coconut milk
4 sticks lemongrass, smashed
2 tablespoons coconut aminos
4 cups cooked brown rice, chickpea rice, or quinoa

Directions:

In a skillet or wok, sauté onion, shallots, and mushrooms in ¼ cup vegetable broth. Add ¾ cup vegetable broth, carrots, celery, broccoli, cauliflower and cook 10 minutes, stirring occasionally. Add the rest of the vegetables and cook 5 minutes. Add more vegetable juice if needed.

In a small saucepan, add turmeric, ginger, coconut milk, and coconut aminos, and lemongrass. Be sure to submerge the lemongrass. Bring to a boil, then simmer for 5 minutes. Remove lemongrass. Add sauce to vegetables and stir gently to coat. Serve over rice or quinoa and garnish with green onions and sesame seeds.