



### *“Make It Your Way” recipe*

#### **Simply Easy Stir Fry**

*Use the basic recipe then add your favorite veggies*

- 2 Tablespoons coconut or avocado oil
- 1 medium onion, peeled: chopped or sliced
- 1/4 teaspoon salt
- 1/2 cup Julienned fresh peeled carrots
- 1/2 Tablespoon grated ginger
- 1 clove garlic, minced
- 1 small head fresh broccoli, cut into small florets
- 1/2 cup sliced or chopped bell peppers (any color desired)
- 2 Tablespoons soy sauce or (gluten free) Tamari soy sauce
- 1/2 Tablespoon fresh lemon juice
- 2 Tablespoons water or oil
- 1 Tablespoon Korean Gochujang paste or as desired
- Freshly ground black pepper to taste
- 1-1/2 cups cooked brown rice
- Garnish: 1/4 cup kimchi

1. Heat a large stir-fry pan over medium high heat; add oil until hot. Stir in onion, season lightly with salt; sauté to soften onion,
2. Add carrots; cook several minutes; add ginger, garlic, broccoli, and peppers; sauté until vegetables soften but are still a little crisp.
3. Add soy sauce, lemon juice, water or oil, and Gochujang paste; toss to coat; season with ground black pepper to taste. Stir in cooked brown rice; cook until hot.
4. Serve stir fry from pan; garnish with kimchi as desired.  
Serves: 2 to 3

**Recipe Inspired by:** Chef Natasha Ford in “Fermentation for Beginners” Class.

**Cook’s Note:** I added some drained mandarin oranges to our stir-fry and sprinkled it with sesame seeds. We loved the additions.

**About the Recipe:** This recipe is a real time saver. It’s quick to make, easy to cook, uses a variety of vegetables and/or protein, full of healthy ingredients, and blends a variety of flavors. It doesn’t use lots of oil and the food tastes fresh and vibrant.

**What is Tamari Sauce:**

Tamari is a type of Japanese soy sauce that's made with little to no wheat and is considered gluten-free.