

Vegetable Stir-Fry with Brown Rice (China)

Category: Dinner | Cuisine: Chinese

Prep Time: 10 mins | Cook Time: 10 mins | Total Time: 20 mins

Ingredients:

- 1 cup mixed vegetables (bell peppers, broccoli, carrots)
- 1/2 cup cooked brown rice
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp ginger, grated

Instructions:

1. Heat sesame oil in a wok.
2. Add garlic and ginger, stir-fry 30 seconds.
3. Add vegetables, stir-fry for 5 minutes.
4. Toss in cooked rice and soy sauce.
5. Serve hot.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	340 kcal
Protein	14 g
Carbohydrates	46 g
Fat	8 g
Fiber	6 g

Tips:

- ✓ Keep vegetables crunchy for best nutrition.
- ✓ Swap soy sauce with tamari for gluten-free option.