

Tom's Current Favorite Stir-Fry

One of our favorite repeats is a stirfry. First, it's a great time to clean out the frig - today I had some leftover broccoli - always a great start. One of the Gardein product we have come to love in our stir-fry is the Szechuan Beefless Strips.

Of course, I forgot to get a picture of the finished product, but here is how it all began:

TIP: When you make rice, make enough to freeze so that you always have rice on hand for stir-fry. When cool, put in a freezer bag, force out as much air as possible and flatten. Freeze. When frozen you can stand it on end to save space. Be sure you label and date.



Rice - I often make fried rice.



Gardein meatless products offer great vegan options!



Ingredients:

- Onion
- Garlic
- Carrots
- Celery
- Mushrooms

- Water chestnuts
- Broccoli
- 1 cup water
- 1 tsp. Better Than Bouillon
 - Or use 1 cup vegetable broth
- Bragg's Liquid Aminos, to taste
- Hoisin sauce, to taste
- Whatever other 'heat' you want to add
 - 5-spice
 - Szechuan sauce
- Toasted sesame seeds

I usually line up small bowls of vegetables in the order I will use them (longest cooking to shortest, of course). Often stir fries require oil, but I prefer to use the cup of broth. With the burner on high, heat the broth (or oil, if you prefer) and toss in the carrots, celery, onions, garlic, water chestnuts, mushrooms, broccoli (if cooked, otherwise put it in earlier) - one at a time so that the softer veggies don't get to overdone.

Whatever meatless food your using should be cooked ahead and set aside. Once the veggies are crisp-tender, toss in the meatless product, any prepared sauces, adjusting to your own liking. Tom likes it spicier than I so I always give him extra condiments to add as he likes.

You can thicken the sauce with cornstarch or arrowroot starch, if you want, but I don't usually find it necessary.

To plate, place some rice on the plate and scoop some stir-fry on top. Sprinkle with toasted sesame seeds, if you like.

Get creative ... there are tons of other veggies you can use, but be careful ... your stirfry can go from serving two to ten rapidly.

To make fried rice, just dribble some oil (I like to use toasted sesame oil), and saute some onion, celery, garlic, and carrot (finely diced) until almost cooked through. Add the rice and stir. Heat through stirring often and adding Bragg's Liquid Aminos (or soy sauce).