Sweet & Sour Vegetable Stir Fry

Ingredients for Stir Fry

\*2 carrots peeled & julienned

Broccoli including stems sliced into thin pieces

3-4 green onions cut into 1" pieces

2 stalks celery sliced into 1/2" pieces

Fresh mushroom caps sliced

Ginger to taste

4 -5 fined chopped garlic cloves

\*Sesame oil as needed

Dried pepper flakes (optional)

Ingredients for Sauce

1/2 C water

Rice wine or cider vinegar to taste

\*Maple syrup or your favorite sweetener to taste

Soy sauce to taste

1 T cornstarch or as needed

Procedure

1. Heat a wok or iron skillet then add oil & allow it to heat.

2. Sauté garlic, carrots until soft then add all vegetables except green onions & cook

3. Add sauce & cook 2-3 minutes then add onions cook another 2 minutes.

4. Serve.

Notes

1. Julienned carrots are sliced length-wise in match stick like pieces.

2. Canola oil works. Sesame adds a unique flavor.

3. Pineapple juice is a good sweetener.

This information is courtesy of your friends at the LCO College Extension 13466 W. Trepania Rd. 715.634.4790 Ext. 156 & Farm 13457 W. Froemel Rd. 715.634.9666 Hayward, WI. 54843.