

# Stir-Fried Vegetables



## Ingredients

1 ½ cups	small pieces of broccoli	375 mL
1 tsp	vegetable oil	5 ml
1 cup	thinly sliced onion	250 mL
1 cup	thinly sliced carrot	250 mL
1 cup	thinly sliced celery	250 mL
2 tsp	corn starch	10 mL
3 Tbsp	cold water	45 mL
1 to 2 Tbsp	soy sauce	15 to 30 mL
	Ground pepper	

Use different vegetables when they are a good buy. For example, in summer use green pepper, zucchini, or green beans instead of onion, carrots or celery.

## Directions

1. Turn on stove to high heat. Half fill a medium saucepan with water and heat to boiling. Cook broccoli in boiling water for 3 minutes. Drain. Put broccoli in cold water and drain again.
2. Turn on stove to medium-high heat. Heat oil in a large frypan. Add broccoli, onion, carrots and celery. Stir-fry until vegetables are crisp-tender, about 6 to 8 minutes.
3. Mix corn starch, water, and soy sauce in a small bowl. Stir into vegetables. Cook and stir until sauce boils and thickens. Add pepper to taste. Serve right away.

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