

Veggie Stir-Fry

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Recipe source: [The Pioneer Woman](#)



INGREDIENTS:

- 1/2 cup Low Sodium Soy Sauce
- 2 Tablespoons Sherry (or Low-sodium Vegetable Broth)
- 2 Tablespoons Packed Brown Sugar
- 2 Tablespoons Cornstarch
- 2 Tablespoons Sriracha (more or less to taste)
- 1 Tablespoon Minced Fresh Ginger
- 3 Tablespoons Peanut Oil
- 1 whole Yellow Onion, cut into large chunks
- 1 whole Red Bell Pepper, seeded and cut into large chunks
- 1 whole Yellow Bell Pepper, seeded and cut into large chunks
- 2 whole Garlic Cloves, minced
- 2 whole Medium Zucchini, cut into large wedges
- 1 can (15-ounce) Baby Corn, drained and halved crosswise
- 1 head Broccoli cut into florets
- Cooked Noodles or Rice, for serving
- Sesame Seeds, for serving

INSTRUCTIONS:

- In a bowl, mix together the soy sauce, sherry, brown sugar, cornstarch, sriracha, and ginger. Set aside.
- Heat the oil in a large skillet over medium-high heat. Add the onion and peppers, and stir, cooking for 2 to 3 minutes. Add the garlic and cook for 30 seconds to 1 minute more, stirring continuously.

- Add the zucchini and stir it around, cooking it for 2 minutes more.
- Add the baby corn and broccoli and cook for a couple of minutes, then, while the veggies are still firm, pour in the sauce.
- Stir the veggies in the sauce, cooking for 1 to 2 minutes more, or until the sauce is very thick. If it needs to be a little saucier, pour in 1/4 to 1/2 cup hot water and splash in a little more soy sauce.
- Serve over noodles or rice, with a sprinkling of sesame seeds.

Tips: Prep all the veggies and make the sauce up to 24 hours ahead of time. Keep in separate containers in the fridge.