

Fried Veggies w/ Ginger & Nuts

In your hot wok add:

- 1 T oil
- 1 T prepared tofu
- 1 T shredded carrot
- 1 T chopped onion
- 1 T chopped tomato
- 1 t crushed garlic
- 1 t chopped red or green chilies

Cook until softened then add:

- 1 hand mixed veggies
- 6 T water

Cook 2-3 minutes, then add:

- ½ T mixed soy
- ½ t sugar
- 1 T mushroom sauce
- 1 T freshly grated ginger
- 1 T toasted nuts

