

# Broccoli And Ginger Stir Fry (No Oil)

This is a quick way to add extra flavour to broccoli. This dish can also be adapted to raw and warmed in a dehydrator.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 10 mins

Category: Side dishes and appetizers

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Broccoli, cooked from fresh	2 flower
Mushrooms, cooked from fresh	1 cup
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Ginger root, raw	2 slice - 1" diameter
Turmeric, ground	1 teaspoon
Cayenne	0.25 teaspoon
Garlic, powder	1 teaspoon
Tamari sauce	1 tablespoon

## Instructions

Use a medium bunch of broccoli, or two small flowers. They usually come in a standard size bunch in the grocery stores. I use plain white mushrooms but cremini and shitake would also work nicely.

1. Clean and cut broccoli into florets - set aside.
2. Dice a white onion - set aside.
3. Cut mushrooms into halves - set aside.
4. Finely grate about 2, 1" pieces of fresh ginger root - set aside.
5. In a wok, add about 1/2 cup water, and turn heat to medium. Add grated ginger, turmeric, garlic powder, and cayenne. Bring to boil then reduce heat.
6. Add onions and sauté until almost soft. Add mushrooms and continue cooking for about 1 - 2 minutes.

7. Add broccoli florets. Stir to combine. Add more water if needed. Water should not cover vegetables but instead sit at the bottom of the wok - around one inch. Reduce heat to med-low and cover. Cook for 5 minutes or less then check for desired doneness. Some prefer broccoli less cooked others like it softer. If not soft enough after 5 minutes or less, cook for another 2 -3 minutes and check again.

8. Add tamari and mix gently. Serve warm. Goes great over quinoa.