

No Oil Miso Veggie Stir Fry

An easy and quick go meal. All you need are veggies, miso, tamari and a wok.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 10 mins

Category: Entrees

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Broccoli, cooked from fresh	2 cup
Red bell peppers, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Carrots, cooked from fresh	1 large - 7 1/4" to 8 1/2" long
Zucchini, cooked from fresh	1 large
Mushrooms, cooked from fresh	1 cup
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Celery, cooked	1 medium - stalk - 7 1/2" to 8" long
Water	0.5 cup
Tamari sauce	1 tablespoon
Miso (soybean paste)	1 tablespoon

Instructions

1. Add 1/4 cup water to the wok and bring to gentle boil over medium heat. Add freshly sliced onion, pepper and celery and reduce heat to medium low. Stir often and do not let veggies stick to sides of wok. Cook for about 3 - 4 minutes.
2. Add sliced fresh carrots and Cook for another 2 -3 minutes. Add tamari and stir. Add another 1/4 cup water and remaining veggies. Add more water as needed.
3. Cover the wok and let simmer for about 5 - 8 minutes or until veggies are cooked but not too soft.
5. Remove from heat. In a small bowl add bout 1/4 cup liquid from the bottom of the wok (if there is not enough liquid use warm water) with 1 tbsp miso paste. Stir until well combined. Miso should only be added once stir fry is done and heat is turned off. Add miso mixture to stir fry. Mix gently to combine.

Season with salt and pepper or add more tamari to taste. A squeeze of lemon may also be added.