TASTY STIR-FRIED VEGETABLES

By Dorothy Zehnder

2 medium green peppers, julienned
2 medium sweet red peppers, julienned
2 medium carrots, julienned
2 cups broccoli florets
2 medium celery stalks, chopped
1 large garlic clove, minced
3 tablespoons vegetable oil
2 tablespoons light soy sauce
1 teaspoon ground ginger
6 green onions, thinly sliced
2 tablespoons cornstarch
½ teaspoon Bavarian Inn all-purpose seasoning
½ teaspoon salt
1 cup low-sodium chicken broth
¼ cup cold water or your choice of broth

In a large skillet or wok, sauté the peppers, carrots, broccoli, celery and garlic in oil until crisp-tender, about 3 minutes. Combine soy sauce and ginger; add to pan with onions. Cook and stir for 1 minute. Combine cornstarch, all-purpose seasoning, salt, broth and water until smooth; gradually stir into vegetables. Bring to a boil; cook and stir for 2 minutes or until thickened. Yield: 4 servings.

Note from Dorothy – This is such an easy dish that uses lots of your garden bounty. Sometimes I change it up and substitute cauliflower in place of the broccoli. It is definitely a dish that is seasoned to taste. Start with the minimum amount listed and then taste it. My family loves it as the vegetables stay nice and crunchy.