



Vegan Stir Fry



PREP TIME
10 min

COOK TIME
10 min

SERVINGS
3

COST PER SERVING
\$1.47

Ingredients

- 2 packages dried ramen noodles OR 8 ounces dried pasta
- 2 Tbsp oil (canola, olive, whatever you have!)
- 1 Tbsp minced ginger OR 1/4 tsp dried ginger
- 2 cloves garlic, minced OR 1 sp dried garlic
- 2 cups chopped vegetables, fresh or frozen (use whatever you have-carrots, bell pepper, broccoli, etc.)
- Optional: 2 green onions, chopped and white and green parts separated

For the Sauce

- 1/3 cup vegetable stock
- 3 tablespoons soy sauce
- 1 tablespoon molasses (can substitute equal amount of honey or white or brown sugar)
- 1 tablespoon sriracha, more or less depending on taste
- Optional: 1 1/2 teaspoons cornstarch

Procedure

Heat large pot of water to boil the noodles. Meanwhile, chop all of your veggies and combine the ingredients for the sauce.

When the water is boiling, add the noodles and boil just until the noodles separate but are still chewy-just a minute or so. It's important to undercook the noodles as they will continue cooking in the sauce. Drain and rinse noodles with cold water.

Heat the oil in a large skillet over medium-high heat. Add the ginger, garlic, and white and light green parts of the green onions (if using). Sauté, stirring constantly for 15 seconds or until soft but not brown.

Add the chopped veggies. Stir fry until beginning to soften. If using frozen veggies, this may take slightly longer

Add the noodles to the pan and pour in the sauce. Simmer, stirring until the sauce is thick and covers the noodles and veggies. Stir in the green tops of the green onions (if using) and serve

