

Lisa's 4Leaf Simple Stir Fry (without the oil)



So simple in fact---that even her husband Jason can handle this one

Stir-fry is the one signature dish my husband, Jason, makes. You could say it is the recipe that got me into 4leaf cooking; I couldn't eat stir-fry every night for the rest of my life! It is also quick, easy and delicious.

You can add whatever leftover vegetables you have in the fridge or experiment with different ingredients. Here's one version. Feel free to add or take away anything you choose. That is the beauty of a stir-fry.

This recipe serves 8-10 (great for warming up left-overs in the oven or microwave)

Ingredients:

- 5 cups of brown rice cooked (use a rice cooker or stovetop and make it ahead)
- 10 cloves of garlic, minced or pressed
- 2 heads of broccoli, chopped
- 16 ounces of mushrooms, chopped
- 1 can of sliced water chestnuts
- 2 cups of grape or cherry tomatoes, diced
- 2 cups of shelled edamame beans, frozen
- 2 cups of corn, frozen or canned
- 1/2 cup of sun dried tomatoes
- 2 tablespoons Bragg's Liquid Amino or low-sodium soy sauce, or more to taste

Directions:

1. Heat a large nonstick pan on medium heat (with the nonstick pan, there is no need for cooking spray).
2. Cook brown rice ahead of time.
3. Using wok or large pan (5 1/2 quart), add garlic and cook on medium heat for about 5 minutes.
4. Add water as needed to prevent it from burning.
5. You may also add some Bragg's for more liquid and some flavor.
6. Add mushrooms and cook until liquid comes out. Add the rest of the ingredients and cook for about another 10 minutes.
7. Add the brown rice and mix well.
8. Enjoy!

As for seasoning, my father-in-law, J. Morris Hicks, has started using his favorite [Kirkland organic no-salt seasoning](#) on practically everything...except for his Sailors Daily Oatmeal. It's probably similar to the "21" that we get at Trader Joe's.

Let me hear from you:

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