

# Simple Stir Fry

Stir fry is the perfect dish to make when you're crunched for time. The other great thing about it is that you can use up any leftover vegetables that you have in your fridge; it's the beauty of stir fry!

## **Ingredients:**

- 5 cups brown rice, already cooked
- 10 cloves garlic, minced or pressed
- 2 heads broccoli, chopped
- 16 oz. mushrooms, chopped
- 1 can sliced water chestnuts
- 2 cups grape or cherry tomatoes, diced
- 2 cups shelled edamame beans
- 2 cups corn
- ½ cup sundried tomatoes
- 2 Tbsp Bragg's Liquid Aminos or low sodium soy sauce (or more to taste)

## **Instructions:**

1. Heat a large pan on medium heat
2. Add the garlic and cook for about 5 minutes, adding your choice of liquid to prevent it from burning (water, vegetable broth, soy sauce, or a mixture of the three)
3. Add mushrooms and cook until the liquid comes out.
4. Add the remaining ingredients and cook for another 10 minutes.
7. Add the brown rice and mix well. Enjoy! (See, how easy was that?!)

