Ten-Minute Mixed-Veggie Stir-Fry

Source: Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipes by Dreena Burton

Prepare the rice in advance, and you will have this stir-fry ready in about 10 minutes! Top with premarinated, baked tofu for an optional protein and calcium boost!

About the Recipe

394 Calories · 11.3 g Protein · 7.5 g Fiber
Dinner
Gluten-free · Nut-free

This recipe features a variety of different colored vegetables, which are packed with antioxidants that keep you healthy.

Not all soy sauces are gluten free, so check the label. Tamari is usually safe.

Ingredients

Makes 3 Servings

- 1 c (150 g) diced bell peppers or carrots
- 1 c (78 g) corn kernels or green peas, or a combination of both
- 1/2 c (26 g) sliced green onions or chives; if using chives, add at the end of cooking
- 1/2 c (51 g) diced celery
- 5 c (475 g) precooked brown rice or quinoa
- 1 c (122 g) diced precooked potatoes; or 1/2 c (47 g) more rice
- 1/4 to 1/3 c (60 to 80 mL) tamari
- 1 to 2 tbsp (15 to 30 mL) water
- to taste Iodized salt **optional*
- to taste Freshly ground black pepper **optional*

Directions

1. In a large nonstick skillet over high or medium-high heat, combine the bell peppers or carrots, corn or green peas, green onions, and celery, stirring occasionally.
2. Cook for 3 to 4 minutes, and then add the rice, potatoes (if using), and 1/4 c (60 mL) of the tamari.
3. Cook for another 3 to 4 minutes, stirring a couple of times. Add the water if the mixture is sticking.
4. Heat the rice through, and toast it a little in spot, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.

Nutrition Facts

Per serving:
Calories: 394
Fat: 3 g
Saturated Fat: 0.7 g
Calories from Fat: 6.4%
Cholesterol: 0 mg
Protein: 11.3 g
Carbohydrates: 81.6 g
Sugar: 4.9 g
Fiber: 7.5 g
Sodium: 638 mg
Calcium: 39 mg
Iron: 2.6 mg
Vitamin C: 61.4 mg
Beta-Carotene: 920 mcg
Vitamin E: 1.2 mg